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ABSTRACT

Written to help teachers improve health practices of their students, this guide provides a sequential unit approach to health education in grades K through 12. Primary grades 1-6 have suggested units in personal health, nutrition, community health, first aid and safety, consumer health, and mental health. Secondary grades 7-12 consider in addition: drug abuse and education, human sexuality, family life, exercise and the human body, formation of habits, social and emotional maturity, communicable diseases, social services, and health careers. Each grade level lists major concepts or subject areas accompanied by activities and audio visual materials suitable for use in reinforcing the concept. Space is furnished for note taking next to each suggestion. Supplementary reference materials and sources of free or low cost health and safety items for teachers use are supplied in the appendix. (BL)

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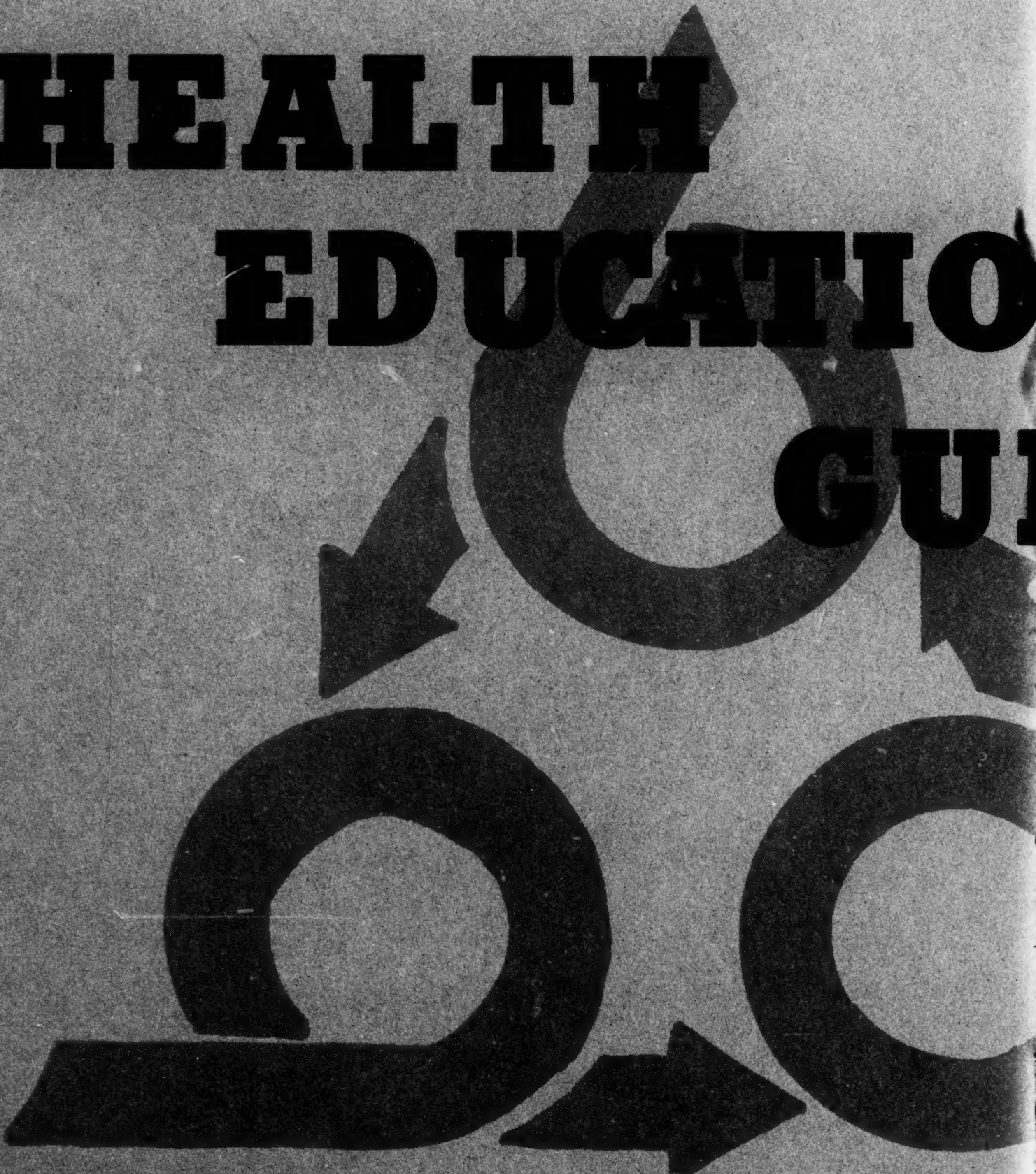

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PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

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ALTH EDUCATION GUIDE

K-12

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PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

HEALTH EDUCATION GUIDE

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HEALTH EDUCATION GUIDE

FOREWORD

"Health", according to the World Health Organization of the United Nations, "is a state of complete physical, mental, and social well-being, and not merely the absence of disease or infirmity".

The purpose of this guide is to help our teachers improve good health practices in the lives of the students of Parsippany-Troy Hills Schools. Every child in the school system, whether he is in kindergarten or 12th grade,has a unique need for effective health education.

May I commend the committee for its foresight in seeing the need for this comprehensive approach to health education in the Parsippany-Troy Hills Township Schools.

GEORGE A. OLDHAM
Superintendent

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

TO THE TEACHER

As a result of deliberations during the Year of Assessment and the efforts of a number Central Curriculum Planning Committee, it is hoped that by following this guide from K thro will have a sum of all experiences that favorably influence knowledge, attitudes, and practice and community health. It should be pointed out that teachers have a responsibility for aware health and should be familiar with this guide.

It will be noted that in the secondary grades the suggested areas of instruction are div using this technique, it is hoped that all necessary areas will be explored by teachers and st the health education of our students of Parsippany-Troy Hills is to be complete, each unit sh By combining the Human Sexuality Guide and the Drug Awareness manual, the goal of inform young to do that which is good for their own health and that of others should be within their g

The following individuals, under the chairmanship of Shirley Stevenson, should be com contribution to the development of this outline:

Frank G. Acocella
Helen Heerwagen
Carl A. Hess III
Judith A. Torick

JOHN E.
Assistan
Instructi

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TO THE TEACHER

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Judith A. Torick

JOHN E. SHEEHY
Assistant Superintendent
Instruction

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

NOTES TO THE TEACHER

1. All teachers should be aware that resources listed on the regular guide pages the end of the guide there are further sources of information for the classroom teache Morris County Audio-Visual Aids; AMA is American Medical Association; AAHPER i Health, Physical Education, and Recreation.

2. Many of the films in the Health Education Guide are from new sources. All fil should be previewed by the classroom teacher. This will enable said teacher to form sion or other follow-up activities as a result of the film showing.

This is particularly important in health education because of the rapid changes place in this area. Some materials in the films may or may not be current or pertine

3. Anatomy and physiology have been intentionally deleted from this guide becaus Science Curriculum does extensive coverage in this area.

4. It is recommended that in the near future the Driver Education program be ph and Health Curriculum. A separate and distinct department should be established in t to implement the program. It is also recommended that a curriculum guide in Driver

5. Those students in the Vocational Education Program should have extra emphas Because these students will not continue on with their formal education after High Sch health insurance, pre-natal care, consumer education, and family living should get e

6. An open unit, at the junior and senior level, called a "rap session" is left ava choice of subject matter at the discretion of the teacher. These units could be used f in a follow-up nature to a previous unit or topics chosen for discussion by the student

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

NOTES TO THE TEACHER

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PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

NOTES ON BUS SAFETY

By New Jersey State law, bus safety must be a part of the curriculum every year f twelfth grade. It is suggested that teachers have a preliminary or follow-up activity in a bus.

Some suggested activities are:

1. Discuss safety equipment on bus.
2. Discuss loading and unloading - possibility of a car driver not knowing state
3. Rules to be followed while on the bus - discussion, posters, charts, cartoons
4. Discussion of clothing and manners to be thought of in relation to waiting for t
5. How to handle motion sickness - precautions to take.
6. Discuss bus routes in your specific school.
7. Discuss distances for walkers as well as bus students and why some distances (Reasoning: hazardous walking conditions, avoid highway crossing)
8. Relate bus safety rules to other modes of transportation.
9. What is the role of a passenger in case of an accident? Give various circums
10. Bus safety on field trips.
11. Responsibility of student to the bus driver.
12. What do you do for hysteria and/or panic on the bus?
13. How do you knock out the bus windows?
14. Importance of staying in seat and no flying objects.

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

NOTES ON BUS SAFETY

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PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

HEALTH EDUCATION GUIDE

EVALUATION

Please give suggestions for improvements at your grade level.

A. Concepts

B. Areas omitted or added unnecessarily, etc.

C. Please add any resource material you feel would benefit teachers at your grade level.

Name:

Grade:

School:

CONCEPTS	REINFORCEMENTS
I. PERSONAL HEALTH	
A. Personal Appearance	
1. Cleanliness	Wash hands before and after eating, after bathroom usage. Wash dolls and dolls' hair Wash dolls' clothing. Film: "How Billy Keeps Clean" New York City Board of Education Record: "The Little Kitten that Would Not Wash Its Face"
2. Personal Habits	
a. Use of handkerchief for sneezing and covering coughs.	Demonstration of proper usage.
b. Use of own towel, comb, toothbrush, etc. (also care of these tools)	Make name tags for own comb and brush, etc. Color codes as red toothbrush, red comb.
3. Selection and care of clothing	
a. In relation to various types of weather	Feel and touch different types of materials

DE	PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS	KINDERGARTEN
	REINFORCEMENTS	**NOTES**
	Wash hands before and after eating, after bathroom usage. Wash dolls and dolls' hair Wash dolls' clothing. Film: "How Billy Keeps Clean" New York City Board of Education Record: "The Little Kitten that Would Not Wash Its Face"	
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of		
arious r	Feel and touch different types of materials	

CONCEPTS	REINFORCEMENTS
	Pictures for seasonal distinction of clothes.
	Film: "Dress for Health" New York City Board of Education
b. Cleanliness and Care of clothing	Each child to have smock for cleaner clothes.
	Each child to have a place for his things in the classroom.
	Proper usage of "lost and found".
4. Posture	
a. Standing	Demonstration of proper use of chair
b. Sitting	Marching
	Stretching games
B. Activity and Rest	
1. Rest Period	Relax before and after snacks
	Why we should go to bed early
2. Physical Activity	Exercises that include stretching and bending.
	Imitate a rag doll
	Games, marching, dancing, etc.

REINFORCEMENTS

NOTES

Pictures for seasonal distinction of clothes.

Film: "Dress for Health"
New York City Board of Education

d Care

Each child to have smock for cleaner clothes.

Each child to have a place for his things in the classroom.

Proper usage of "lost and found".

Demonstration of proper use of chair

Marching

Stretching games

Relax before and after snacks

Why we should go to bed early

Exercises that include stretching and bending.

Imitate a rag doll

Games, marching, dancing, etc.

CONCEPTS	REINFORCEMENTS
C. Dental Health	Posters
1. Brushing Teeth	Demonstration by school nurse
	Film: "Learning to Brush" MCAVA
	Record: "Mary's Tooth"
2. Importance of Seeing a Dentist	Use "Dentist Puzzle"
	Film: "Trip to the Dentist" MCAVA
D. Eyes, Ears, Nose	
1. Eyes for Seeing	Opportunities to use each of the senses
2. Ears for Hearing	Chalk or bulletin boards to reinforce the uses of these senses.
3. Nose for Smelling and Breathing	Use magnifying glasses .
	Compliment wearers of glasses.
	Puppets to dramatize visit to Eye Doctor
	Records : "Muffin in the City" "Sounds Around Us"
	Story: "Noisy Book"
	Games: Whisper Game Mother Cat and Three Kittens

REINFORCEMENTS	NOTES
Posters	
Demonstration by school nurse	
Film: "Learning to Brush" MCAVA	
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Games: Whisper Game Mother Cat and Three Kittens	

CONCEPTS	REINFORCEMENTS
4. Harm that May Come To These Senses	Imagine absence of each of these senses. Discuss danger of pointed objects, rubbing, and accidents
II. NUTRITION	
A. Breakfast Very Important	Bulletin Board Simulated breakfast Pictures of common breakfast foods Discuss pupils' breakfasts Plan and eat a breakfast in class
B. Foods for Health	Alternate carrots, celery, apple slices, etc. for snacks. Discuss rules for proper cleaning. Record: "Baker Bill" Filmstrip: "Foods for Health" New York City Board of Education
III. COMMUNITY HEALTH	
A. Use of Public Facilities	
1. Drinking Fountain	Use public facilities in school under teachers' guidance.
2. Toilets	
3. Swimming Pools	

REINFORCEMENTS

NOTES

Imagine absence of each of these senses.

Discuss danger of pointed objects, rubbing, and accidents

Bulletin Board

Simulated breakfast

Pictures of common breakfast foods

Discuss pupils' breakfasts

Plan and eat a breakfast in class

Alternate carrots, celery, apple slices, etc. for snacks.

Discuss rules for proper cleaning.

Record: "Baker Bill"

Filmstrip: "Foods for Health"
New York City Board of Education

Use public facilities in school under teachers' guidance.

CONCEPTS	REINFORCEMENTS
B. Immunization	Discuss immunization necessary before entering school Book: "Dear Mumps Child"
C. Classroom Cleanliness	Assign a child, each day, to clean up his group table - also to set it up.
D. Disposal of Used Milk Containers, Tissue, etc.	Make disposal containers available.
IV. FIRST AID AND SAFETY	
A. Cleaning and Protecting a Wound	Role playing Visit to Nurse's Office
B. Proper Use of a Chair	
1. Sitting correctly	Practice following action commands.
2. Carrying Correctly	
C. School Rules Pertaining to Behavior in the Halls	Take a trip through the school building.
D. Knowledge of Name, Address, Phone Number, Age, Parents' Names	Find own names and addresses on a class name and address chart Song: "Remember Your Name and Address"

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REINFORCEMENTS	NOTES
Discuss immunization necessary before entering school	
Book: "Dear Mumps Child"	
Assign a child, each day, to clean up his group table - also to set it up.	
Make disposal containers available.	
Role playing	
Visit to Nurse's Office	
Practice following action commands.	
Take a trip through the school building.	
Find own names and addresses on a class name and address chart	
Song: "Remember Your Name and Address"	

CONCEPTS	REINFORCEMENTS
E. Positive and Helpful Purpose of Police and Crossing Guards	Pictures of people who help keep safety in our thoughts. Ask crossing guard to visit the classroom. Filmstrip: "Larry Helps the Policeman"
F. Fire	
1. Hazards such as Playing with Matches	Drawings Practice fire drills and talk about them
2. Acquaintance with Fire Department	
3. Fire Drills and Their Procedure	
G. Medicine	
1. Take Only with Parent's Permission	Dramatize proper administration of medicine by role playing child and parent
2. Be Sure Parent Administers It	See Drug Abuse Guide
V. CONSUMER HEALTH	
A. Doctor Services	Visit the nurse's office. Dramatize visit to the doctor's office. Use toy stethoscope in play area.

	REINFORCEMENTS	NOTES
of	Pictures of people who help keep safety in our thoughts.	
	Ask crossing guard to visit the classroom.	
	Filmstrip: "Larry Helps the Policeman"	
ng	Drawings	
	Practice fire drills and talk about them	
s	Dramatize proper administration of medicine by role playing child and parent	
ters	See Drug Abuse Guide	
	Visit the nurse's office.	
	Dramatize visit to the doctor's office.	
	Use toy stethoscope in play area.	

CONCEPTS	REINFORCEMENTS
B. Advertisements on Television	Discuss how company wants to sell product and is not always truthful.
C. Proper Handling of Toys	
1. At Home	Discussion of favorite toys and how you feel if lost or broken.
2. At School	
VI. MENTAL HEALTH	
A. Positive Self-Image	Have students go into different groups for individual differences - boy - girl brown hair - red hair - blonde hair curly hair - straight hair Have students realize how they each are individuals and how each child in the group differs with him.
B. Family Roles	Role playing
C. Respect for Others	Take turns sharing games and toys and clean-ups Discuss purpose of rules and reasons for obeying them. Use a Helping Hand Chart Make "Get Well" cards for ill classmates Book: "Keiko's Birthday"

	REINFORCEMENTS	NOTES
on Television	Discuss how company wants to sell product and is not always truthful.	
g of Toys		
	Discussion of favorite toys and how you feel if lost or broken.	
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ers	Take turns sharing games and toys and clean-ups	
	Discuss purpose of rules and reasons for obeying them.	
	Use a Helping Hand Chart	
	Make "Get Well" cards for ill classmates	
	Book: "Keiko's Birthday"	

CONCEPTS	REINFORCEMENTS	
I. PERSONAL HEALTH		
A. Personal Appearance		
1. Hair Grooming	Cut out pictures of objects used for keeping well-groomed and clean.	Health
2. Cleansing of Body	Dramatize getting ready for school	
a. Dirt	Cut out objects that hands touch in a day	
b. Oil Glands	Experiment: Place oil on one piece of paper and leave the other piece clean. Observe which attracts and holds more dirt.	
	Film: "How Billy Keeps Clean" New York City Board of Education	
3. Hand Grooming with Emphasis on Nails	Demonstrate proper use of nail brush	
	Place dirt from under nails on swab and look at it under microscope or with a magnifying glass	
4. Clothing for Various Occasions	Children to cut out pictures of appropriate clothes for parties, school, play, etc.	Healt
	Listen to weather reports for type of clothes to wear	
5. Care of Clothing	Discuss clothes closet in school and that at home.	
	Discuss what to do with clothes when you take them off	

	REINFORCEMENTS	NOTES
dy	Cut out pictures of objects used for keeping well-groomed and clean.	Health for All - pages 14-15
	Dramatize getting ready for school	
	Cut out objects that hands touch in a day	
	Experiment: Place oil on one piece of paper and leave the other piece clean. Observe which attracts and holds more dirt.	
	Film: "How Billy Keeps Clean" New York City Board of Education	
with ails	Demonstrate proper use of nail brush	
	Place dirt from under nails on swab and look at it under microscope or with a magnifying glass	
rious	Children to cut out pictures of appropriate clothes for parties, school, play, etc.	Health for All - pages 140-144
	Listen to weather reports for type of clothes to wear	
g	Discuss clothes closet in school and that at home.	
	Discuss what to do with clothes when you take them off	

CONCEPTS	REINFORCEMENTS
6. Posture	
a. Balance	Balance blocks
b. Stand Straight	Check image in mirror for straightness
	Draw stick figures showing various postures
B. Activity and Rest	
1. Times of Day for Activity	Make clocks to show these times
a. Wake up	March like wooden soldiers
b. Eat	List some quiet games children like to play
c. Play	Discuss ventilation
d. Sleep	Rest periods before and after eating
	Film: "Getting Ready for Bed"
2. Rest Necessary for Body	
3. Rest and Colds Related	Film: "Let's Have Fewer Colds" New York City Board of Education
C. Dental Health	
1. Baby Teeth and Permanent Teeth	Film: "Winky the Watchman" MCAVA
2. Reinforce Brushing	

IDE	PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS	GRADE 1
	REINFORCEMENTS	NOTES
	Balance blocks	
	Check image in mirror for straightness	
	Draw stick figures showing various postures	
Activity	Make clocks to show these times	Health for All - pages 38-39, 139
	March like wooden soldiers	
	List some quiet games children like to play	
	Discuss ventilation	
	Rest periods before and after eating	
	Film: "Getting Ready for Bed"	
or Body		
elated	Film: "Let's Have Fewer Colds" New York City Board of Education	
ermanent	Film: "Winky the Watchman" MCAVA	
ng		

CONCEPTS	REINFORCEMENTS
3. Dentist	Filmstrips: "The Loose Tooth" "The Teeth"
4. Effects of Food	Publications: "Teaching Dental Health to Elementary School Children" AAHPER $ .75
a. Milk	
b. Sweets	Have dentist visit children away from fearful equipment
	Film: "Tuffy the Tooth" MCAVA
	Filmstrip: "Tuffy the Tooth" Nurse's Office
D. Eyes, Ears, Nose	
1. Relate Senses to Learning	Mobile of dangerous objects to eyes and ears.
2. Specific Causes of Injury	Make a picture list of dangerous objects and toys
3. Eye Strain	Correct way of holding and carrying scissors
a. Poor lighting	Dramatize what to do if something gets in the eye
b. Television	Toothpicks dangerous to ears
	Listen for noises on way to and from school
E. Health Appraisal	
1. Heath Test	Nurse to visit class with Heath gun and explain test before date of skin testing
a. Skin Test for Tuberculosis	

	REINFORCEMENTS	NOTES
	Filmstrips: "The Loose Tooth" "The Teeth"	
	Publications: "Teaching Dental Health to Elementary School Children" AAHPER $ .75	
	Have dentist visit children away from fearful equipment	
	Film: "Tuffy the Tooth" MCAVA	
	Filmstrip: "Tuffy the Tooth" Nurse's Office	
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	Toothpicks dangerous to ears	
	Listen for noises on way to and from school	
	Nurse to visit class with Heath gun and explain test before date of skin testing	
for sis		

CONCEPTS	REINFORCEMENTS
II. NUTRITION	
A. Wholesome Foods	Tell stories about trip to food store with parent
B. Eat a Variety of Foods	Play store
C. Recognition of Overweight and Underweight Conditions	Record number of glasses of milk drunk a day
D. Eating Habits	Find pictures of milk and milk products, also meat
E. Pleasant Atmosphere is Better for Digestion	Encourage a fruit to be brought in for a snack
	Make a place mat for lunch
II. COMMUNITY HEALTH	
A. Using School Facilities	Entire class to visit girls' room and boys' room
B. Unhealthiness of Sharing Food with People and Animals	Discuss fact that most animals follow a cleaniness pattern of their own
C. Reinforce Helpful Members of Community	
D. Pride in Cleanliness of Surroundings in School, Classroom, and Town	
E. Hospital - Purpose and Positive Aspects	Dramatize a visit to a hospital
	Books: "Doctors and Nurses; What Do They Do? Greene, Carla "Johnny Goes to the Hospital"

REINFORCEMENTS	NOTES
Tell stories about trip to food store with parent	Health for All - pages 12-13, 46-51
Play store	
Record number of glasses of milk drunk a day	
Find pictures of milk and milk products, also meat	
Encourage a fruit to be brought in for a snack	
Make a place mat for lunch	
Entire class to visit girls' room and boys' room	
Discuss fact that most animals follow a cleaniness pattern of their own	
Dramatize a visit to a hospital	
Books: "Doctors and Nurses; What Do They Do? Greene, Carla "Johnny Goes to the Hospital"	

CONCEPTS	REINFORCEMENTS
IV. FIRST AID AND SAFETY	
A. Pedestrian Safety	Film: "Safety on the Way to School" MCAVA
B. Traffic Signs and Street Crossing	Make traffic signals Dramatize policemen directing traffic
C. Bike Riding	
D. Beware of Strange People and Cars	
E. Beware of Stray Animals	Discuss personal experiences with stray animals
F. Playground Safety	
G. Lunch Time Safety	
H. Bus Safety	Dramatize several situations that could happen on the bus Film: "Safety on the School Bus" MCAVA
I. Electrical Outlet and Appliance Hazards	Cut pictures of hazards at home and make a safety booklet
J. Seasonal Dangers such as Thin Ice, Snow Balls, etc.	
K. Cleansing of Cuts Reinforced	

REINFORCEMENTS	NOTES
Film: "Safety on the Way to School" MCAVA	
Make traffic signals Dramatize policemen directing traffic	
Discuss personal experiences with stray animals	
Dramatize several situations that could happen on the bus	
Film: "Safety on the School Bus" MCAVA	
Cut pictures of hazards at home and make a safety booklet	

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CONCEPTS	REINFORCEMENTS	
L. Treatment of Minor Burns		
1. Run cold water on it		
2. Covering with ointment and band-aid takes away sting		
M. Use of Sneakers	Demonstrate use of sneakers on different floor surfaces	
	Discuss sneakers for physical education class	
N. Learn Poison Sign	Draw poison sign	
	List poisonous things around the house	
	Film: "Poison in the House" New Jersey State Museum	
V. MENTAL HEALTH		
A. Continue Self-Image Development	Dramatize through pantomime various emotions that a child may feel	Heal Unit Unit
B. Positive Points of Being Their Own Sex - enjoy being a girl or boy		
C. Sharing	Describe feeling when one shares and when one is selfish	

	REINFORCEMENTS	NOTES
t and ting		
	Demonstrate use of sneakers on different floor surfaces	
	Discuss sneakers for physical education class	
	Draw poison sign	
	List poisonous things around the house	
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opment	Dramatize through pantomime various emotions that a child may feel	Health for All Unit I - pages 30-31, 34-37, 42-45 Unit II
eir rl		
	Describe feeling when one shares and when one is selfish	

CONCEPTS	REINFORCEMENTS
D. Accepting New Classmates	Have each child name one way he can help a new classmate feel welcome
E. Allowance for Individual Differences	
F. Emotions are in All People	See Drug Abuse Guide

GUIDE	PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS	GRADE 1
	REINFORCEMENTS	NOTES
assmates	Have each child name one way he can help a new classmate feel welcome	
dividual		
ll People	See Drug Abuse Guide	

CONCEPTS	REINFORCEMENTS	
I. PERSONAL HEALTH		
A. Personal Appearance		
1. Reinforce Toilet Habits	Discuss hand washing	
2. Reinforce Proper Clothing to Suit Weather Changes		
3. Posture Reinforced	Stretching exercises; sitting correctly	
B. Activity and Rest		
1. Emphasize Outside Play		Healt 112-1
2. Value of Vigorous Activity Emphasized	Discuss feeling after one has participated in an activity that has been enjoyed Sing and act out songs	
3. Quiet and Restful Indoor Activities	Discuss what one should do before going to bed at night	
a. Individual		
b. Group		
C. Dental Health		
1. See Dentist Regularly		Heal

	REINFORCEMENTS	NOTES
bits	Discuss hand washing	
lothing nges		
	Stretching exercises; sitting correctly	
Play		Health for All - pages 48-57, 62-27, 112-113
ctivity	Discuss feeling after one has participated in an activity that has been enjoyed	
	Sing and act out songs	
door		
	Discuss what one should do before going to bed at night	
ly		Health for All - Pages 32-35, 148-150

CONCEPTS	REINFORCEMENTS
2. Reinforce Brushing	Film: "Learning to Brush" MCAVA A quote teacher may use for discussion: "If you can't brush, swish and swallow"
3. Tooth Formation	
a. Form in jaw and erupt in orderly sequence	Write original stories about care of teeth
b. Lost tooth too early may cause crooked second teeth	Discuss what happens when small cavities are not filled Keep personal record of tooth brushing Campaign to replace worn-out toothbrushes
D. Eyes, Ears, Nose	
1. Cleansing of Ear	School nurse explain why doctor should remove wax from ear
2. Manner in which to Blow Nose	Discuss never putting anything in ear or nose Book: "Follow Your Nose" by Showers, Paul
3. Proper Lighting	
4. Blindness	
a. Total	Discuss work done at "Light House" or plan a visit
1) Seeing Eye	
b. Color Blindness	Look at objects made by the blind

	REINFORCEMENTS	NOTES
g	Film: "Learning to Brush" MCAVA	
	A quote teacher may use for discussion: "If you can't brush, swish and swallow"	
nd erupt uence	Write original stories about care of teeth	
early may second	Discuss what happens when small cavities are not filled	
	Keep personal record of tooth brushing	
	Campaign to replace worn-out toothbrushes	
	School nurse explain why doctor should remove wax from ear	Health for All - pages 73-77, 78-79, 80-81, 146-147
o Blow	Discuss never putting anything in ear or nose	
	Book: "Follow Your Nose" by Showers, Paul	
	Discuss work done at "Light House" or plan a visit	
e		
ss	Look at objects made by the blind	

CONCEPTS	REINFORCEMENTS
	Write stories about handicaps of losing one of the senses
	Books: "Your Eyes" by Adler, Irving "Your Ears" by Adler, Irving "My Five Senses" by Adler, Irving
II. NUTRITION	"Nutritional Resource Unit for Primary Grades" #244-07368 $ .40, AAHPER Publications
A. Enjoyment of Eating	
1. Relaxed Atmosphere	
2. Chewing Well	
B. Disposal of Food	
C. Classroom Sanitation	
D. Growth of Body	Keep individual height and weight charts
	Pictures of famous athletes
	Story: "Why Do My Clothes Shrink as I Grow?"
E. Four Basic Foods	Pictures of four basic foods
III. COMMUNITY HEALTH	
A. Community Helpers	Possible visit to firehouse and/or police department.
1. Firemen	
2. Policemen	

REINFORCEMENTS	NOTES
Write stories about handicaps of losing one of the senses	
Books: "Your Eyes" by Adler, Irving "Your Ears" by Adler, Irving "My Five Senses" by Adler, Irving	
"Nutritional Resource Unit for Primary Grades" #244-07368 $ .40, AAHPER Publications	Health for All - pages 118-121, 143-145
Keep individual height and weight charts	
Pictures of famous athletes	
Story: "Why Do My Clothes Shrink as I Grow?"	
Pictures of four basic foods	
Possible visit to firehouse and/or police department.	Health for All - pages 122-123

CONCEPTS	REINFORCEMENTS	
IV. CONSUMER HEALTH		
A. Role of Doctor	Doctor visit class	
B. Role of Druggist	Druggist visit class	
V. FIRST AID AND SAFETY		
A. Home Accidents	Films: "Safety at Home" "Safety in Winter" "Playground Safety" all available through MCAVA	Heal
B. Communicable Diseases	List places where germs can be found in abundance	Heal
1. Chicken Pox	Dramatize ways to prevent colds	
2. Flu	Draw health posters on cold prevention	
3. Impetigo	Books: "Peter Gets the Chicken Pox" Lerner, M. "Penny the Medicine Maker, the Story of Penicillin" by Epstein, Sherrie	
4. Mumps		
5. Measles		
6. Common Cold		
C. Other Common Physical Annoyances and Treatment		
1. Poison Ivy		
2. Insect Bites		
3. Sunburn		

	REINFORCEMENTS	NOTES
	Doctor visit class Druggist visit class	
Y		
	Films: "Safety at Home" "Safety in Winter" "Playground Safety" all available through MCAVA	Health for All - pages 36-46, 102-103
ases	List places where germs can be found in abundance	Health for All - pages 124-125
	Dramatize ways to prevent colds	
	Draw health posters on cold prevention	
	Books: "Peter Gets the Chicken Pox" Lerner, M. "Penny the Medicine Maker, the Story of Penicillin" by Epstein, Sherrie	
sical eatment		

CONCEPTS	REINFORCEMENTS	
D. Use of Sneakers		
E. Bus Safety		
F. Concept of Prescription Drugs	See Drug Abuse Guide	All me school nurse'
G. Always check with Parent before Taking Medication		
V. MENTAL HEALTH		
A. Postive Self -Image		Health
B. Control of Emotions	Discuss Temper Tantrums, crying when one doesn't get his way	
C. Respect Others' Rights and Privacy	List games and sports played with others after school	
D. Sharing	Read: "This is a Team" Discuss: "Is sharing always good?"	

DE	REINFORCEMENTS	NOTES
Drugs ent ion	See Drug Abuse Guide	All medication to be taken during school hours is to be kept in the nurse's office
		Health for All - pages 96-101
	Discuss Temper Tantrums, crying when one doesn't get his way	
s and	List games and sports played with others after school	
	Read: "This is a Team"	
	Discuss: "Is sharing always good?"	

CONCEPTS	REINFORCEMENTS	
I. PERSONAL HEALTH		Gener and ba super
A. Personal Appearance		
1. Cleanliness	Observe skin pores Scrape outside of mouth and examine under the microscope Film: "Cleanliness and Health" MCAVA Book: "Your Skin and Mine" by Showers, Paul	
2. Clean Clothes and Clean Body		
a. Perspiration Dirt	Observe how dirty water is as it leaves washing machine	
b. Mud-type Dirt		
3. Toilet Habits		
a. Keeping tools, such as comb and brush, clean	Discuss how often health tools should be evaluated for cleanliness	
4. Posture	See if feet, back of knees, buttocks, shoulders, and head touch or almost touch the wall	

	REINFORCEMENTS	NOTES
		Generally, the children start dressing and bathing without close parental supervision at this age.
	Observe skin pores	
	Scrape outside of mouth and examine under the microscope	
	Film: "Cleanliness and Health" MCAVA	
	Book: "Your Skin and Mine" by Showers, Paul	
i Clean		
Dirt	Observe how dirty water is as it leaves washing machine	
rt		
s, such brush,	Discuss how often health tools should be evaluated for cleanliness	
	See if feet, back of knees, buttocks, shoulders, and head touch or almost touch the wall	

CONCEPTS	REINFORCEMENTS
B. Activity and Rest	
1. Physical Fitness Program Begins	Discuss pre-season training purpose in football, baseball, etc.
2. More Formal Exercises	Cut out pictures of athletes
3. Weight in Relation to this Area	Cut out pictures showing good and bad posture and over-weight and under-weight
C. Dental Health	
1. Parts of a Tooth	Diagram of a tooth "Do You?" Dental miniature B44 Posters and Pamphlets - National Dairy Council Book: "Your Wonderful Teeth' by Schloat, W.
2. Cavity Formation	Diagram of formation of a cavity Have speech teacher discuss the importance of teeth to speaking
3. Food Value	
D. Eyes, Ears, Nose	
1. Reinforce Dangers	Discuss how eyes warn person of dangers - also ears. Opinions of proper distance to watch television
2. Involuntary Reflex	

	REINFORCEMENTS	NOTES
Program	Discuss pre-season training purpose in football, baseball, etc.	Health for All - pages 21-27, 76-79
ercises	Cut out pictures of athletes	
n to this	Cut out pictures showing good and bad posture and over-weight and under-weight	Beginning at this age, a child who is over-weight is left out of certain games and activities.
	Diagram of a tooth	Health for All - pages 156-159
	"Do You?" Dental miniature B44 Posters and Pamphlets - National Dairy Council	
	Book: "Your Wonderful Teeth' by Schloat, W.	
	Diagram of formation of a cavity	
	Have speech teacher discuss the importance of teeth to speaking	
s	Discuss how eyes warn person of dangers - also ears.	Health for All - page 7-20
	Opinions of proper distance to watch television	

CONCEPTS	REINFORCEMENTS
3. Ear "Popping"; "Noise Pollution"	Discuss ear plugs on radio; loud music
4. Breathing	Film: "See Better: Health Eyes" MCAVA
E. Health Appraisal	
1. Physical Examination by School Doctor	Have school nurse come to class and explain examination beforehand.
II. NUTRITION	
A. Four Food Groups	Charts of basic four food groups
B. Relation between Physical Activity and Food Consumption	
C. Eat Variety of Foods	Tasting party of various foods Class grocery store Read story· "The Perfect Pancake"
D. Well Balanced Meal	Make a menu for the day
E. Constipation	Discuss proper vocabulary
III. COMMUNITY HEALTH	
A. Pedestrian Safety	
B. Playing in the Street	Check neighborhood and make map of areas to play other than the street
1. Property Damage	

	REINFORCEMENTS	NOTES
"Noise	Discuss ear plugs on radio; loud music	Health for All, pages 166-167
	Film: "See Better: Health Eyes" MCAVA	
ination by	Have school nurse come to class and explain examination beforehand.	
	Charts of basic four food groups	Health for All - pages 71-75
hysical Consumption		
ds	Tasting party of various foods	
	Class grocery store	
	Read story "The Perfect Pancake"	
l	Make a menu for the day	
	Discuss proper vocabulary	
		Health for All, Unit #4
et	Check neighborhood and make map of areas to play other than the street	
age		

CONCEPTS	REINFORCEMENTS
C. School Cleanliness and Safety	Have custodian come in and discuss ways that pupils can help in the halls, gym, office, stairways, bathrooms, playground and at lunchtime.
IV. FIRST AID AND SAFETY	
A. Great Emphasis on Bicycle Safety	Ask a patrolman to come to school and discuss bicycle safety.
B. Specific Rules of Bicycle Safety	Film: "Bicycle Safety" MCAVA Pamphlets: "Bicycle Safety" "Check List for Safety" both available through National Commission of Safety Education
C. Bus Safety	
D. Seasonal Safety	
1. Sliding	Discuss how "fun" can become dangerous due to negligence
2. Ice on Lake may be Thin	Books: "Safety Can Be Fun" Leaf, Munro
3. Icy Road - car skidding	"Let's Find Out About Safety" Shapp, Martha
E. Parents to always know where Child Is	
F. School Safety	Film: "Playground Safety" MCAVA
1. In School	Pamphlets: "Practicing Safety in Athletics" "A Formula for Child Safety" New Jersey Safety Council
2. Going to School	

REINFORCEMENTS	NOTES
Have custodian come in and discuss ways that pupils can help in the halls, gym, office, stairways, bathrooms, playground and at lunchtime.	
Ask a patrolman to come to school and discuss bicycle safety.	Health for All - Units 3 & 4
Film: "Bicycle Safety" MCAVA	
Pamphlets: "Bicycle Safety" "Check List for Safety" both available through National Commission of Safety Education	
Discuss how "fun" can become dangerous due to negligence	
Books: "Safety Can Be Fun" Leaf, Munro "Let's Find Out About Safety" Shapp, Martha	
Film: "Playground Safety" MCAVA	Health for All - pages 96-117
Pamphlets: "Practicing Safety in Athletics" "A Formula for Child Safety" New Jersey Safety Council	

CONCEPTS	REINFORCEMENTS
G. Identification of Burns	
1. First Degree	Discuss correct aid of minor burns
2. Second Degree	
3. Third Degree	
H. Emergencies in the Home - What to Do	
1. Broken Bones	Procedure: Practice of procedure on fellow classmates
2. Bruises	
3. Animal Bites	
4. Family Illness	
I. House Fire	
1. Get Out Of House	"Fire Safety for Teachers in Primary Grades" National Commission of Safety Education
2. Call for Help - give name, address, and problem	Show how to put out fire on one's clothing
	334-4800 for Police Fire Ambulance
J. Medicine	Role playing - everyone given a situation and must immediately react for help
1. See Drug Awareness Guide	
K. School Insurance	Discuss school's program

REINFORCEMENTS

NOTES

Discuss correct aid of minor burns

Procedure: Practice of procedure on fellow classmates

"Fire Safety for Teachers in Primary Grades"
National Commission of Safety Education

Show how to put out fire on one's clothing

334-4800 for Police
Fire
Ambulance

Role playing - everyone given a situation and must immediately react for help

Discuss school's program

CONCEPTS	REINFORCEMENTS	
L. Superstition - eg. warts from frogs	Have children bring in "old wives tales"	
V. MENTAL HEALTH		
A. Acceptance of Individuals	List good traits in other students	Boys thi
B. Good Manners	Set up rules for welcoming a new student	Health f
C. Respect Others since they too are human and have same rights as all others.	Describe some friends and why they are your friends	

E	REINFORCEMENTS	NOTES
from	Have children bring in "old wives tales"	
s	List good traits in other students	Boys this age usually "hate" girls
	Set up rules for welcoming a new student	Health for All - pages 60-63
ey too e rights	Describe some friends and why they are your friends	

CONCEPTS	REINFORCEMENTS
I. PERSONAL HEALTH	
A. Personal Appearance	
1. Cleanliness for Pride	Discuss "good grooming"
	Check list of daily grooming
	List of grooming aids
	Bulletin board with hair styles for boys and girls
	Mirror at eye level
	Discuss feelings about lack of neatness on self and/or others
	Films: "Care of Hair, Skin and Nails" MCAVA "Care of Skin" MCAVA
B. Activity and Rest	
1. Exercise Emphasized	Stress exercise unit in text
2. Rest	
a. Helps Repair Tissue	Film: "Sleep for Health" MCAVA
b. Correlates with Exercise	Pamphlets : "A Girl and Her Figure" "A Boy and His Physique" National Dairy Council

	REINFORCEMENTS	NOTES
ride	Discuss "good grooming"	Health for All - pages 184-187, 176-179
	Check list of daily grooming	Definition of Good Grooming Cleanliness, neatness, care, and proper choice of clothing
	List of grooming aids	
	Bulletin board with hair styles for boys and girls	
	Mirror at eye level	
	Discuss feelings about lack of neatness on self and/or others	
	Films: "Care of Hair, Skin and Nails" MCAVA "Care of Skin" MCAVA	
ized	Stress exercise unit in text	Health for All - pages 12-13, 70-71, 79-80, 115, 194-196, 198
Tissue	Film: "Sleep for Health" MCAVA	
ith	Pamphlets : "A Girl and Her Figure" "A Boy and His Physique" National Dairy Council	

CONCEPTS	REINFORCEMENTS
3. Mind and Body Philosophy	Pupils relate their own experiences and their parents' experiences
a. Healthy rested mind and rested body work well together	
b. Anxiety can strain both	
4. Development of Hobbies	Pamphlet: "What Makes a Good Hobby" AMA
C. Dental Health	
1. Study of Tooth Decay	Experiment: Place tooth or chicken in vinegar overnight - observe how it becomes soft and rubbery
2. Gum Care	Discuss dental x-ray and decay
a. Tartar	Film: "Dentist in the Classroom" MCAVA
b. Dentifrice - mouthwash, etc.	Write: Colgate Professional Service Department of Information
3. Relate to Nutrition and Vitamins	Pamphlet: "Vitamin Supplements and Their Correct Use" $ .10 AMA
D. Eyes, Ears, Nose	
1. The Five Senses-with emphasis on structure	Use magnifying glass to show light refection Posters, overhead projector, pupil diagrams, models. Experiments involving use and lack of use of each of the senses

REINFORCEMENTS	NOTES
Pupils relate their own experiences and their parents' experiences	
Pamphlet: "What Makes a Good Hobby" AMA	
Experiment: Place tooth or chicken in vinegar overnight - observe how it becomes soft and rubbery	Health for All -pages 178-183
Discuss dental x-ray and decay	
Film: "Dentist in the Classroom" MCAVA	
Write: Colgate Professional Service Department of Information	
Pamphlet: "Vitamin Supplements and Their Correct Use" $ .10 AMA	
Use magnifying glass to show light refection	Health for All - pages 95, 190, 156
Posters, overhead projector, pupil diagrams, models.	
Experiments involving use and lack of use of each of the senses	

CONCEPTS	REINFORCEMENTS
	Camera as compared to eye
	Book: "Understanding Your Senses; Easy Experiments for Young People" Gilmour, Ann
II. NUTRITION	
A. Relate to Dental Health	Pamphlet: "Nutrition in Tooth Formation and Dental Care" Council on Foods and Nutrition - AMA
B. Foods have Different Values for Growth and Body Maintenance	Relate to Social Studies - different locales with various food staples Example: Rice in Orient Pasta in Italy
C. Vitamins	
D. Continuance of Basic Four Food Groups	Poverty due to poor agricultural productions and oversupply
	Vocabulary list
	Scrapbook of large variety of foods
	Food tasting party
	Review daily lunches
	Film "Eat for Health" MCAVA
	Pamphlet "Teaching Nutrition in the Elementary School" AAHPER

	REINFORCEMENTS	NOTES
	Camera as compared to eye	
	Book: "Understanding Your Senses; Easy Experiments for Young People" Gilmour, Ann	
	Pamphlet: "Nutrition in Tooth Formation and Dental Care" Council on Foods and Nutrition - AMA	Health for All - Unit 2 - pages 171-17
alues for enance	Relate to Social Studies - different locales with various food staples Example: Rice in Orient Pasta in Italy	
our Food	Poverty due to poor agricultural productions and oversupply	
	Vocabulary list	
	Scrapbook of large variety of foods	This is about the time children start to go to the store alone - preparing their own lunches
	Food tasting party	
	Review daily lunches	
	Film "Eat for Health" MCAVA	
	Pamphlet "Teaching Nutrition in the Elementary School" AAHPER	

CONCEPTS	REINFORCEMENTS
III. COMMUNITY HEALTH	
A. Relationship of Themselves to the Community - responsibilities	Have Director of Board of Health come to speak to class on restaurant inspection, diners, etc.: also of local swimming pools and town ordinances; also on water purification
B. Responsibilities of Care on Playground	
C. Purification of Foods	
1. Milk a. Pasteurization	
b. Homogenization	
2. Water Purification	Possible trip to a water purification plant
IV. FIRST AID AND SAFETY	
A. Ambulance	
1. Purpose	Invite first aid squad member to come speak to the class
2. Equipment	
B. Travel Safety	
1. Passenger on plane, train, bus, or car	Role playing Discuss dangers of distracting person operating vehicle of transportation

REINFORCEMENTS	NOTES
Have Director of Board of Health come to speak to class on restaurant inspection, diners, etc.: also of local swimming pools and town ordinances; also on water purification	Pupils are no longer in primary grades. Use this pshychological aspect for emphasis on responsibility.
Possible trip to a water purification plant	
Invite first aid squad member to come speak to the class	
Role playing	
Discuss dangers of distracting person operating vehicle of transportation	Health for All - Unit 6

CONCEPTS	REINFORCEMENTS
2. Seat Belts	Make safety rules for being a passenger
3. Medication to Prevent Air Sickness and Car Sickness	Relate stories of accidents to carelessness Discuss "practical jokes" Film: "Your Health at School" MCAVA
C. Swimming Safety	
1. Buddy System	Discuss safe swimming practices
2. Cramps - caused by:	
a. Swimming too soon after eating	
b. Sharp change in water temperature	
c. Muscle spasms	
D. Camping	
1. Use of Camp-Ground Facilities	
a. Toilet	
b. Water	
2. Foods	
a. Spoilage	
b. Animals Attracted by Food	Discuss why bears are not to be fed in public park

REINFORCEMENTS	NOTES
Make safety rules for being a passenger	
Relate stories of accidents to carelessness	
Discuss "practical jokes"	
Film: "Your Health at School" MCAVA	
Discuss safe swimming practices	
Discuss why bears are not to be fed in public park	

on

water

ed by

CONCEPTS	REINFORCEMENTS
3. Fire Safety	Film: "Safety with Fire" MCAVA
4. Insect Bites	School nurse should show emergency treatment for burns and wounds while camping
5. Animals to be Encountered	
6. Recognition of Plant Poisoning	Pictures of plants to beware of
E. Stimulants and Depressants	See Drug Abuse Guide
V. MENTAL HEALTH	See Human Sexuality Guide (pages 23, 24, &26) Pamphlets: "Mental Health of Children, the Child Program of NIMH" $ .40 National Institute of Mental Health

REINFORCEMENTS	NOTES
Film: "Safety with Fire" MCAVA	
School nurse should show emergency treatment for burns and wounds while camping	
Pictures of plants to beware of	
See Drug Abuse Guide	
See Human Sexuality Guide (pages 23, 24, &26)	Health for All - Unit #3
Pamphlets: "Mental Health of Children, the Child Program of NIMH" $ .40 National Institute of Mental Health	

CONCEPTS	REINFORCEMENTS	
I. PERSONAL HEALTH		
A. Personal Appearance		Body partic
1. Grooming Aids	Have each pupil make a personal grooming kit	Health
2. School Health and Attendance	Discuss reasons for being absent Make reports on absence causes	
3. Study of Skin		
a. Oil Glands	Use of microscope to study structure of cells	Health
b. Acne	Relate to commercials and slogans to sell products for skin beauty and care	
c. Pores		
d. "Blackheads and Pimples"		
4. Posture	Film: "Posture Habits" MCAVA	Health
	Book: "The Girls' Book of Physical Fitness" Jacobs, Helen	Girls and se are sh
5. Pierced Ears		
a. Professionally Done		
b. Possible Infection		

REINFORCEMENTS	NOTES
	Body changes start occuring, particularly in girls.
Have each pupil make a personal grooming kit	Health for All - Unit #3
Discuss reasons for being absent	
Make reports on absence causes	
Use of microscope to study structure of cells	Health for All - pages 70 - 100
Relate to commercials and slogans to sell products for skin beauty and care	
Film: "Posture Habits" MCAVA	Health for All - pages 134-138
Book: "The Girls' Book of Physical Fitness" Jacobs, Helen	Girls may slump due to rapid growth and self-consciousness because boys are shorter; also breast development

CONCEPTS	REINFORCEMENTS
B. Activity and Rest	
1. Human Sexuality Guide (bottom half of page 28)	
2. Rest	
a. Helps Body Repair Tissue	Record hours of sleep in a week
b. Helps Fight Disease	
C. Dental Health	
1. Braces	Have school nurse discuss braces
2. Mouth Injuries	Visit from local orthodontist
3. Awareness of Diseases of Mouth - example : Gingivitis (abscess)	Discuss why people have different types of teeth List advantages of healthy teeth Pamphlet: "Teaching Dental Health in the Elementary School" $ .75 AAHPER
D. Eyes, Ears, Nose	
1. Function of Senses	List function of each sense Pictures of senses in action Press fingers gently along bony structure into which eyeball fits and write report on protection of the eyes

	REINFORCEMENTS	NOTES
y Guide age 28)		Health for All - pages 130-133
Repair	Record hours of sleep in a week	
t Disease		
	Have school nurse discuss braces	Health for All pages 167-176
	Visit from local orthodontist	
iseases of le : ess)	Discuss why people have different types of teeth List advantages of healthy teeth	
	Pamphlet: "Teaching Dental Health in the Elementary School" $ .75 AAHPER	
nses	List function of each sense	
	Pictures of senses in action	
	Press fingers gently along bony structure into which eyeball fits and write report on protection of the eyes	

CONCEPTS	REINFORCEMENTS
	Note reflex action of eye lids Book: "You and Your Senses" Schmeider, Leo Films: "Your Eyes" "Hear Better: Healthy Ears: MCAVA Book: "Why Glasses" Sands, George
2. Nose Bleeds	
a. Causes	
b. Correction of	
3. Understand Audiometer	Have school nurse bring audiometer to classroom and explain its function Book: "How We Hear, the Story of Hearing" Fryer, Judith
II. NUTRITION	
A. Refer to Human Sexuality Guide (top half of page 28)	Booklets: "School Lunch" 10¢ National Dairy Council "How Your Body Uses Food" 25¢ National Dairy Council
III. COMMUNITY HEALTH	
A. Sanitation	
1. Sewage	Reports on local sewage systems

	REINFORCEMENTS	NOTES
	Note reflex action of eye lids Book: "You and Your Senses" Schmeider, Leo Films: "Your Eyes" "Hear Better: Healthy Ears: MCAVA Book: "Why Glasses" Sands, George	
f		
ometer	Have school nurse bring audiometer to classroom and explain its function Book: "How We Hear, the Story of Hearing" Fryer, Judith	
Sexuality f page 28)	Booklets: "School Lunch" 10¢ National Dairy Council "How Your Body Uses Food" 25¢ National Dairy Council	Health for All - pages 148-187
	Reports on local sewage systems	

CONCEPTS	REINFORCEMENTS
2. Garbage Disposal	Reports on local garbage disposal
3. Littering	
a. Personal Pride	
b. Illegal	Investigate legal aspects of littering
B. Tuberculosis	
1. Heaf Testing	School nurse discuss Heaf Testing procedure
2. Understanding and History of the Disease	
C. Insect Control	
1. Mosquitoes	
2. Gypsy Moths	
3. DDT and Insecticides	Debate: Pros and Cons of Insecticides
D. Bacteria	
1. Helpful	Books: "Shots Without Guns, the Story of Vaccination: Riedman, Sarah "Medicine for Microbes, The Story of Antibiotics" Williams, Beryl
2. Harmful	
E. Animal Protection	Invite local veterinarian Invite local dog warden

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

DE	REINFORCEMENTS	NOTES
		GRADE 5
	Reports on local garbage disposal	
	Investigate legal aspects of littering	
	School nurse discuss Heaf Testing procedure	Heaf Test is done on fifth graders.
History		
es	Debate: Pros and Cons of Insecticides	
	Books: "Shots Without Guns, the Story of Vaccination: Riedman, Sarah "Medicine for Microbes, The Story of Antibiotics" Williams, Beryl	
	Invite local veterinarian	Health for All - pages 224-237
	Invite local dog warden	

CONCEPTS	REINFORCEMENTS	
IV. FIRST AID AND SAFETY		
A. Bicycle Safety	Bicycle inspection	Check Inspec
B. Recreational Safety	"Fire Prevention in the Home" "Safety with Fire" MCAVA	Health
C. Strangers		
1. Offering Goods	Discuss procedure to report someone attempting to pick up a child in a car	
2. Hitch Hiking		
D. First Aid Techniques		
1. Know First Aid Kit Equipment	See school nurse	
2. Splints	Apply splints to fellow classmates	
3. Bleeding	Show pressure points	
E. Special Occasion Safety	Examples: Halloween - Trick or Treat July 4th - Firecrackers Christmas - Tree Fires	
F. Care of Ill Person		
1. Diet	List some chores that must be done if Mother, Father, Sibling, etc, is ill	
2. Surroundings		
	Discuss budgeting of time to do all chores involved	

	REINFORCEMENTS	NOTES
TY		
	Bicycle inspection	Check with local police, re: Bicycle Inspection
y	"Fire Prevention in the Home" "Safety with Fire" MCAVA	Health for All - Unit 7
	Discuss procedure to report someone attempting to pick up a child in a car	
es		
Kit	See school nurse	
	Apply splints to fellow classmates	
	Show pressure points	
afety	Examples: Halloween - Trick or Treat July 4th - Firecrackers Christmas - Tree Fires	
	List some chores that must be done if Mother, Father, Sibling, etc, is ill	
	Discuss budgeting of time to do all chores involved	

CONCEPTS	REINFORCEMENTS
3. Protection of Others from Catching the Disease	Discuss administration of medicine
a. Cleanliness	Books: "Karen Gets a Fever" Gilbert, Miriam "Student Nurse, Her Life in Pictures" Engleman, Jack
b. No Sharing	
V. MENTAL HEALTH	
A. See Human Sexuality Guide (pages 27 and 29)	
VI. STIMULANTS AND DEPRESSANTS	
A. Cigarettes	Film: "Smoke Anyone" MCAVA Filmstrip: "Smoking and Health" New Jersey Department of Health
B. Tea, Coffee, Coke	
1. All are Stimulants	Discuss advantages of milk, cocoa, fruit juice over coffee, tea, or coke
2. Habit Forming	
3. See Drug Abuse Guide	
C. Alcohol	
1. See Drug Abuse Guide	

	REINFORCEMENTS	NOTES
ners from ease	Discuss administration of medicine Books: "Karen Gets a Fever" Gilbert, Miriam "Student Nurse, Her Life in Pictures" Engleman, Jack	
s		
Guide		Health for All - pages 254-262
ESSANTS		
	Film: "Smoke Anyone" MCAVA Filmstrip: "Smoking and Health" New Jersey Department of Health	Health for All - pages 192-219
ts	Discuss advantages of milk, cocoa, fruit juice over coffee, tea, or coke	
Guide		
Guide		Health for All - pages 217-218

CONCEPTS	REINFORCEMENTS
I. PERSONAL HEALTH	
A. Personal Appearance	
1. Cleanliness	Discuss what the words "good grooming" mean: a. cleanliness b. neatness c. care and proper choice of clothing
a. (Because of body changes must change clothes often, especially underwear)	Make a check list of daily grooming
2. Use of deodorants	Discuss false advertising
3. Make-up and Beauty Aids	
a. Pros	
b. Cons	
4. Hair Grooming	
a. Coloring	
b. Hair-Spray (dangers)	
B. Activity and Rest	
1. See Human Sexuality Guide (bottom half of page 30)	Book: "Better Physical Fitness for Girls" Jacobs, Helen
2. Stress Obesity as Affecting Emotional Life	Tell and write stories about activities before going to bed

	REINFORCEMENTS	NOTES
dy changes clothes ally	Discuss what the words "good grooming" mean: a. cleanliness b. neatness c. care and proper choice of clothing	
	Make a check list of daily grooming	
	Discuss false advertising	
ty Aids		
angers)		
ity Guide ge 30)	Book: "Better Physical Fitness for Girls" Jacobs, Helen	Health for All - Unit 5
Affecting	Tell and write stories about activities before going to bed	

CONCEPTS	REINFORCEMENTS
3. Evaluate Why We Need Activity	Have pupils tell about television programs they watch before bedtime and how appropriate
4. Rest to Fight Disease	Have pupils make a 24 hour schedule of their own activities and rest periods
5. Rest Improves Appearance	
C. Dental Health	
1. Bad Breath	Research on bacteria as it effects the teeth
2 Stress the Second Set of Teeth is the Last Set	Demonstration of gum care
3. Floridation	
a. Pros	Debate and discussion on arguments for and and against floridation
b. Cons	
D. Eyes, Ears, Nose	
1. Eye Make-up	Discussion: "A Picture is Worth Ten Thousand Words" (using vision as a channel for learning)
a. Care Used	
b. No Sharing	Book: "Wonder of Your Senses"
c. Cleanliness	Cosgrove, Margaret

E	REINFORCEMENTS	NOTES
eed	Have pupils tell about television programs they watch before bedtime and how appropriate	
se	Have pupils make a 24 hour schedule of their own activities and rest periods	
earance		
	Research on bacteria as it effects the teeth	*Health for All* - pages 118 - 120
t of	Demonstration of gum care	
	Debate and discussion on arguments for and and against floridation	
	Discussion: "A Picture is Worth Ten Thousand Words" (using vision as a channel for learning)	
	Book: "Wonder of Your Senses" Cosgrove, Margaret	

CONCEPTS	REINFORCEMENTS
2. Explaination of Vision Test Procedure	Have school nurse bring in vision tester and explain
3. Eye Doctors	Film: "Your Eyes" MCAVA
a. Opthalmologist	
b. Optometrist	
c. Optician	
4. Color Blindness	
a. Hereditary Effect	Cross reference to Human Sexuality Guide (bottom half of page 32)
b. Effect on Certain Vocations	
E. Health Appraisal	
1. Physical by school physician	Have school nurse explain physical examinations before physician arrives
2. Difference in Growth Pattern between Boys and Girls at this age	Make a class chart showing how many inches the girls grow and how many inches the boys grow
II. NUTRITION	
A. Vitamins	"Teaching Nutrition in the Elementary School" NEA Publications 40¢
1. Importance to Health	
2. Body Needs	"Facts About Nutrition" Public Health Service #72 15¢

TS	REINFORCEMENTS	NOTES
ion of Vision edure	Have school nurse bring in vision tester and explain	
ors	Film: "Your Eyes" MCAVA	
almologist		
metrist		
ian		
dness		
ditary Effect	Cross reference to Human Sexuality Guide (bottom half of page 32)	
t on Certain tions		
sal		
y school	Have school nurse explain physical examinations before physician arrives	
e in Growth etween Boys and his age	Make a class chart showing how many inches the girls grow and how many inches the boys grow	
	"Teaching Nutrition in the Elementary School" NEA Publications 40¢	Health for All -pages 156-163
e to Health		
ds	"Facts About Nutrition" Public Health Service #72 15¢	

CONCEPTS	REINFORCEMENTS
B. Sun	
1. Stimulant for Body Production of Vitamin D	
C. Nutrition and its Relationship to Skin Care	Discuss why fatty foods cause acne
D. Dieting	
1. Proper way is healthy	Discussion of some diets that are popular, their good points and bad points
2. Improper way is dangerous	Food charts
III. COMMUNITY HEALTH	
A. Food and Drug Administration	Refer to Drug Abuse Guide
B. Diseases	
1. Non-communicable	Book: "Conquest of Disease, the Challenge of Your Life" Martin, Lealon
a. Diabetes	
b. Rheumatic Fever	
c. Epilepsy	
d. Cystic Fibrosis	
e. Cerebral Palsy	
f. Arthritis	

	REINFORCEMENTS	NOTES
D		
ship	Discuss why fatty foods cause acne	
	Discussion of some diets that are popular, their good points and bad points	
gerous	Food charts	
ation	Refer to Drug Abuse Guide	Health for All - Unit #2
	Book: "Conquest of Disease, the Challenge of Your Life" Martin, Lealon	
r		

CONCEPTS	REINFORCEMENTS
g. Cancer	
h. Allergies	Film: "Allergies" MCAVA
	Pamphlets: "Allergies" 10¢ "Allergies from the Air" 15¢ AMA
C. Emergency Procedures to Get Help	Discuss what to do if a member of the family becomes ill
	Role playing
IV. CONSUMER HEALTH	
A. Medical Insurance as Financial Precaution	
B. Hospital Behavior	Book: "Your Hospital, A Modern Miracle" Cosgrove, Margaret
1. As Patient	
	Discuss reasons for good behavior in hospital
2. As Visitor	
V. FIRST AID AND SAFETY	
A. Shock	
1. Definition	
2. First Aid Procedure	Filmstrip: "First Aid for Bleeding and Shock"
B. Importance of First Aid	

	REINFORCEMENTS	NOTES
s	Film: "Allergies" MCAVA	
	Pamphlets: "Allergies" 10¢ "Allergies from the Air" 15¢ AMA	
edures to Get	Discuss what to do if a member of the family becomes ill	
	Role playing	
e as Financial		
r	Book: "Your Hospital, A Modern Miracle" Cosgrove, Margaret	
	Discuss reasons for good behavior in hospital	
ETY		
ocedure	Filmstrip: "First Aid for Bleeding and Shock"	Health for All - Unit 6
rst Aid		

CONCEPTS	REINFORCEMENTS
C. Accident Prevention in the Home	
1. Guns, etc.	
2. Mini Bikes	
3. Electrical Equipment and Appliances	Film: "Fire Prevention in the Home" MCAVA
D. Sun	
1. Dangers	Discuss ruined vacations due to sunburn
a. Skin	Do research on pros and cons of sunglasses
b. Eyes	
2. Sun Lamps	
E. Safety Patrol	Purpose of safety patrol - discuss (a) responsibilities patrol member has and (b) responsibility student has.
F. Application of First Aid Principles	Practice on each other
VI. MENTAL HEALTH	
A. Responsible Social Behavior	See Human Sexuality Guide Page 30
B. Need for Variety of Social Activities	
VII. STIMULANTS AND DEPRESSANTS	See Drug Abuse Guide

	REINFORCEMENTS	NOTES
the Home		
ent and	Film: "Fire Prevention in the Home" MCAVA	
	Discuss ruined vacations due to sunburn	
	Do research on pros and cons of sunglasses	
	Purpose of safety patrol - discuss (a) responsibilities patrol member has and (b) responsibility student has.	
id	Practice on each other	
havior	See Human Sexuality Guide Page 30	
cial		
ESSANTS	See Drug Abuse Guide	Health for All - Pages 196-199

CONCEPTS	REINFORCEMENTS
I. PERSONAL HEALTH	
A. Nutrition	
1. Review Basic Four	
2. Cafeteria	Visit cafeteria
a. Choice of Food	Speak with dietician
b. Conduct in Cafeteria	Plan weekly menu
c. Financial Consideration in Cafeteria	List rules and guide lines
	Discuss irregular eating habits and sweets
d. Snack Line vs. Hot Food Line	Book: "Nutrition, Science, and You" Mickelsen, Olaf
3. Dental Consideration from Snack Line	Film: "Its Your Health" MCAVA 15 minutes
B.	
1. Attitude	
a. Showering	Discuss different attitudes people have about undressing in front of others
b. Changing Clothes	
c. Respect for Individuals	
1) Growth	
2) Body Differences	
3) Pride in Grooming	
4) Shy Student	

REINFORCEMENTS	NOTES
Visit cafeteria Speak with dietician Plan weekly menu List rules and guide lines Discuss irregular eating habits and sweets	This unit should be started as soon as possible after school starts. This is the first exposure these students have had to a school cafeteria.
Book: "Nutrition, Science, and You" Mickelsen, Olaf	
Film: "Its Your Health" MCAVA 15 minutes	
Discuss different attitudes people have about undressing in front of others	

CONCEPTS	REINFORCEMENTS	
2. Safety Feature	Discuss dangers encountered in locker room area Use safety knowledge to overcome safety hazards List of hazards in locker room area	
3. Personal Things to Keep in Locker		
a. Deodorant	Pamphlet: "What to Expect from Your Deodorant" AMA 10¢	
b. Comb, etc.		
II. RAP SESSION		A rap s simply discuss timely,
III. DRUG AWARENESS		
A. Alcohol and Smoking Emphasized	See Drug Awareness Guide	Known t with dr maturat
IV. DRUG AWARENESS		
A. Stimulants and Depressants Emphasized	See Drug Awareness Guide	
V. HUMAN SEXUALITY emphasis on:		
A. Family as Basic Unit	See Human Sexuality Guide (page 35)	
B. Social Development of Teenager	See Human Sexuality Guide (bottom half of page 37)	

REINFORCEMENTS	NOTES
Discuss dangers encountered in locker room area	
Use safety knowledge to overcome safety hazards	
List of hazards in locker room area	
Pamphlet: "What to Expect from Your Deodorant" AMA 10¢	
	A rap session in student jargon is simply an opportunity for them to discuss any topic that is temporarily timely, or concerns them at the moment.
See Drug Awareness Guide	Known topics in this area are involvement with drugs, problems associated with maturation, social behavior, etc.
See Drug Awareness Guide	
See Human Sexuality Guide (page 35)	
See Human Sexuality Guide (bottom half of page 37)	

CONCEPTS	REINFORCEMENTS
VI. HUMAN SEXUALITY - THE INDIVIDUAL	See Human Sexuality Guide (pages 36-38)
VII. GROOMING	
A. Stress on Appearance	Pamphlet: "Feminine Shaving Practices" AMA 10¢
1. Skin Disorders	Pamphlets: "Something Can Be Done About Acne" AMA 10¢
a. Acne	"A Dermatologist Talks About Warts" AMA 10¢
b. Dandruff	"Psoriasis; Scaling Disease" AMA 10¢
c. Athletes Foot	
d. Eczema	
e. Warts	
f. Impetigo, etc.	
2. Proper Dress	
B. Activity and Rest	
1. Time Budgeting	Discuss how time requirements differ from the elementary level to the junior high school level.
C. Dental Health	Films: "Dental Health: How and Why" MCAVA 10 minutes
1. Bad Breath	"Save Those Teeth" MCAVA 10 minutes
2. Tooth Brushing	
Continue Review	

REINFORCEMENTS	NOTES
See Human Sexuality Guide (pages 36-38)	
Pamphlet: "Feminine Shaving Practices" AMA 10¢	
Pamphlets: "Something Can Be Done About Acne" AMA 10¢ "A Dermatologist Talks About Warts" AMA 10¢ "Psoriasis; Scaling Disease" AMA 10¢	
Discuss how time requirements differ from the elementary level to the junior high school level.	
Films: "Dental Health: How and Why" MCAVA 10 minutes "Save Those Teeth" MCAVA 10 minutes	

CONCEPTS	REINFORCEMENTS
D. Safety in Dress	
1. Socks with Shoes	List some dangers of dress habits if precautions are not used as sandals and toe stubbing
2. Sandals	
3. Pierced Ears	
4. Frequent Hair Washing	
5. Ingrown Toe Nails	
6. Writing on Arms and Hands	Research on how tatoos are made
VIII. FIRST AID AND VENEREAL DISEASE	
A. First Aid	
1. Home Accidents	Pamphlets: "Home Health Emergencies" Equitable Life Assurance Society "When the Unexpected Happens" John Hancock, Mutual Life Conservation Service Insurance "Accident Facts" National Safety Council "Danger Lurks" AMA 10¢
a. Emergency Call	
b. Fire	
c. Falls	
d. Poisons	
1) Drinkable	Film: "First Aid on the Spot" 10 min. MCAVA
2) Breathable (Carbon Monoxide)	

	REINFORCEMENTS	NOTES
	List some dangers of dress habits if precautions are not used as sandals and toe stubbing	
shing		
s		
nd Hands	Research on how tatoos are made	
L DISEASE		
all	Pamphlets: "Home Health Emergencies" Equitable Life Assurance Society "When the Unexpected Happens" John Hancock, Mutual Life Conservation Service Insurance "Accident Facts" National Safety Council "Danger Lurks" AMA 10¢	
	Film: "First Aid on the Spot" 10 min. MCAVA	
e Ionoxide)		

CONCEPTS	REINFORCEMENTS	
B. Venereal Disease		
1. Syphilis	Group Discussion	One day Venerea
2. Gonorrhea	See: "Teacher's Reference Guide" "Venereal Disease" New Jersey State Department of Health 1968	
3. Indentification		
4. Treatment		
	Film: "1/4 Million Teenagers"	

	REINFORCEMENTS	NOTES
se		
	Group Discussion	One day of Unit VIII is to be used for Venereal Disease
ion	See: "Teacher's Reference Guide" "Venereal Disease" New Jersey State Department of Health 1968	
	Film: "1/4 Million Teenagers"	

CONCEPTS	REINFORCEMENTS
e. Electricity	
f. Animal and Insect Bites	
g. Burns	
h. Cuts	
2. School Accidents	
a. To and From	List areas in the school that could be potential accident areas
1) Bikes	
2) Bus	How can these potential hazards be eliminated?
3) Seasonal Hazards	Pamphlet: "Total Fitness and Prevention of Accidents" AAHPER
b. Stairways	
c. Corridors	
d. Gym	
e. "Practical Jokes"	
1) Tacks	
2) Tripping someone, etc.	

E

sect Bites

Hazards

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someone,

REINFORCEMENTS

NOTES

List areas in the school that could be potential accident areas

How can these potential hazards be eliminated?

Pamphlet: "Total Fitness and Prevention of Accidents" AAHPER

CONCEPTS	REINFORCEMENTS
I. PERSONAL HEALTH	
A. Good Grooming	Have Avon lady and barber in to demonstrate on students (both for boys and girls)
1. Beauty Aids	
2. Hair Grooming	AMA Pamphlets: "Color Hair Beautiful" 10¢ "Excess Hair - Common Problem for Women" 15¢
3. Hair Removal	Book: "A Teenagers Guide to Healthy Skin and Hair" by Lubowe, Irwin
B. Appropriateness of Dress	
1. School	
2. Date	
3. Shopping	
C. Sleep	
1. Relaxation	Discuss role of dreams in sleep
2. Dreams	
D. Effects of the Sun	AMA Pamphlets: "Case of the Sunburned Mannequins" 10¢ "Sunlight and the Skin" 15¢
E. Care of Common Cold	Film: "Common Cold" MCAVA 11 minutes Pamphlet: "Old King Cold" AMA 10¢
F. Body Types	Draw pictures of body types; classify their own body types

REINFORCEMENTS

NOTES

Have Avon lady and barber in to demonstrate on students (both for boys and girls)

AMA Pamphlets: "Color Hair Beautiful" 10¢
"Excess Hair - Common Problem for Women" 15¢

Book: "A Teenagers Guide to Healthy Skin and Hair" by Lubowe, Irwin

Discuss role of dreams in sleep

AMA Pamphlets: "Case of the Sunburned Mannequins" 10¢
"Sunlight and the Skin" 15¢

Film: "Common Cold" MCAVA 11 minutes

Pamphlet: "Old King Cold" AMA 10¢

Draw pictures of body types; classify their own body types

CONCEPTS	REINFORCEMENTS
II. NOISE POLLUTION	
A. Decibels	Define Decibels
B. Dangers from	
1. Music too Loud	Define frequency as it pertains to sound
2. City Noises	Pamphlet: "What to do When Hearing Fades" AMA 10¢
3. Jets	
C. Relation to Anxiety and Stress	Discuss role of industry to prevent anxiety from noise
D. Structural Damage to the Ear	Discuss differences in individual reponses to sound (example: chalk squeak); also discuss animal vs. human responses
E. Noise as a Factor	
1. Psychological Disorders	More unwanted sounds in winter or summer?
2. Causes of Accidents 3. Physiological Disorders	Discuss contribution of noise to hearing loss, emotional tensions, cardio-vascular problems, adrenal gland stimulation, stomach upset, fatigue, reduced work efficiency, inhibition of normal development in infants
	Evaluate use of sirens
	Discuss safe and unsafe levels of sound

REINFORCEMENTS	NOTES
Define Decibels	Definition of noise: unwanted sound
Define frequency as it pertains to sound	
Pamphlet: "What to do When Hearing Fades" AMA 10¢	
Discuss role of industry to prevent anxiety from noise	
Discuss differences in individual reponses to sound (example: chalk squeak); also discuss animal vs. human responses	
More unwanted sounds in winter or summer?	
Discuss contribution of noise to hearing loss, emotional tensions, cardio-vascular problems, adrenal gland stimulation, stomach upset, fatigue, reduced work efficiency, inhibition of normal development in infants	
Evaluate use of sirens	
Discuss safe and unsafe levels of sound	

CONCEPTS	REINFORCEMENTS	
F. Man uses Sound for Certain Purposes	Discuss use of sound to: 1. Soothe 2. Irritate 3. Confuse 4. Condition Discuss use of sound in competition, war, medicine	
III. STIMULANTS AND DEPRESSANTS	See Drug Abuse Guide	
IV. ALCOHOL AND SMOKING	See Drug Abuse Guide	
V. SOCIAL ASPECTS OF DATING: Living in Our Society, etc.	See Human Sexuality Guide (page 39, 40 and top half of 41)	
VI. GROWTH AND REPRODUCTION	See Human Sexuality Guide (bottom of page 41, and pages 42, 43)	
VII. RAP SESSION		Fo se No
VIII. EXERCISE AND EFFECT ON THE BODY		
A. Posture	Pamphlet: "ABC's of Perfect Posture" AMA 20¢	
1. Appearance	Films: "Posture and Exercise" MCAVA 11 min. "Fitness is a Family Affair" MCAVA 19 min.	
2. Values		

	REINFORCEMENTS	NOTES
ertain	Discuss use of sound to: 1. Soothe 2. Irritate 3. Confuse 4. Condition Discuss use of sound in competition, war, medicine	
ESSANTS	See Drug Abuse Guide	
G	See Drug Abuse Guide	
TING: c.	See Human Sexuality Guide (page 39, 40 and top half of 41)	
UCTION	See Human Sexuality Guide (bottom of page 41, and pages 42, 43)	
T ON THE		For explanation of Rap Session see Grade 7, page 45, under Notes.
	Pamphlet: "ABC's of Perfect Posture" AMA 20¢ Films: "Posture and Exercise" MCAVA 11 min. "Fitness is a Family Affair" MCAVA 19 min.	

CONCEPTS	REINFORCEMENTS
B. Muscles	
1. Types	
a. Striated	Drawings and discuss use of each type of muscle
b. Smooth	
c. Cardiac	
2. Usage	
C. Desire and Need for Exercise	Discuss perspiration as a cooling system
1. Active Muscles	
2. Inactive Muscles	
3. Dangers of Inactivity	
4. Muscle Tone	
D. Values of Exercise	
E. Factors that Affect Quantity of Needed Exercise	Pamphlets: "Height and Weight Folder for Boys" "Height and Weight Folder for Girls" AMA 10¢ each
1. Youth and Age	
2. Sex	
3. Occupation	
4. Physical and Mental Condition	

	REINFORCEMENTS	NOTES
	Drawings and discuss use of each type of muscle	
Exercise	Discuss perspiration as a cooling system	
ivity		
Quantity of	Pamphlets: "Height and Weight Folder for Boys" "Height and Weight Folder for Girls" AMA 10¢ each	
ntal		

CONCEPTS	REINFORCEMENTS
F. Choice of Exercise	
1. Desirability	Make list of activities involved in each of these areas
2. Wholesomeness	
3. Dancing	Book: "Pushups and Pinups; Diet, Exercise, and Grooming for Young Teenagers" Bendick, Jeanne
4. Gymnastics and Calisthenics	
5. Apparatus and Formal Exercise	Pamphlets: "Physical Fitness" AMA 10¢ "Exercise and Fitness" AMA 10¢ "Seven Paths to Fitness" AMA 10¢
6. Competitive Sports between the United States and European Countries	
7. Value of Carryover and Maintenance	
8. Dangers of Weight Lifting for Boys	
G. Weight Control	AMA Pamphlets: "Can Food Make the Difference?" 10¢ "Healthy Way to Weigh Less" 10¢ "Your Age and Your Diet" 15¢ "Operation - Diet Right" 20¢

Calisthenics

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REINFORCEMENTS

Make list of activities involved in each of these areas

Book: "Pushups and Pinups; Diet, Exercise, and Grooming for Young Teenagers"
Bendick, Jeanne

Pamphlets: "Physical Fitness" AMA 10¢
"Exercise and Fitness" AMA 10¢
"Seven Paths to Fitness" AMA 10¢

AMA Pamphlets: "Can Food Make the Difference?" 10¢
"Healthy Way to Weigh Less" 10¢
"Your Age and Your Diet" 15¢
"Operation - Diet Right" 20¢

NOTES

CONCEPTS	REINFORCEMENTS
I. IMPORTANCE OF HEALTH	
A. Meaning of Health	
1. Define "Health"	Discussion: "What Is Health?" "What Constitutes Health?"
2. Define "Ill Health"	Give desirable health rules
3. Health is Physical and Psychological	List why a person wants to be healthy
4. Advantages of Good Health	Give some examples of ill health
5. Health Study Results	Write a brief paper on why you feel knowledge of health factors will help you to live a more healthy life
a. Life Span Lengthened	
b. Science Discoveries	Pamphlets: "Health Goals for Youth" Metropolitan Life Insurance "First Steps in Health Education" Metropolitan Life Insurance "Emergency Medical ID Card" OP 2 10¢ AMA "Emergancy Medical ID Symbol" HE 89 10¢ AMA "Why Health Education" 15¢ AMA
c. Medicine	
d. Standard of Living	
6. Death Causes	
7. Health Maintenance	
a. Hygiene Laws Followed	
II. NUTRITION	
A. Food Requirements	Film: "Food the Color of Life" 4-1242 County Film Library
1. Why We Eat	

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Health

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REINFORCEMENTS

NOTES

Discussion: "What Is Health?" "What Constitutes Health?"

Give desirable health rules

List why a person wants to be healthy

Give some examples of ill health

Write a brief paper on why you feel knowledge of health factors will help you to live a more healthy life

Pamphlets: "Health Goals for Youth"
Metropolitan Life Insurance
"First Steps in Health Education"
Metropolitan Life Insurance
"Emergency Medical ID Card"
OP 2 10¢ AMA
"Emergancy Medical ID Symbol"
HE 89 10¢ AMA
"Why Health Education" 15¢ AMA

Film: "Food the Color of Life"
4-1242 County Film Library

CONCEPTS

2. Care Necessary in Food Selection
3. Hunger and Appetite

B. Food Transferred into Tissue and Activity

1. Nutrition
2. Nutrients
3. Assimilation
4. Metabolism

C. Foods that Produce Heat and Energy

1. Source of Heat and Energy Giving Foods
2. Food Values
3. Calories

D. Foods that Build the Body

1. Proteins
2. Digestion and Assimilation of Proteins
3. Sources of Protein

REINFORCEMENTS

Make a food requirement chart

Chart of glands' effect on digestion

List fuel foods - be specific

Individual reports

Food and drug administration

Research being done on food today

Packaging and preserving foods covered by discussion and reports

Discuss role of protein

Consider seasonings

Discuss effective cooking methods to preserve, for palatablility, etc.

REINFORCEMENTS	NOTES
Make a food requirement chart	
Chart of glands' effect on digestion	
List fuel foods - be specific	
Individual reports	
Food and drug administration	
Research being done on food today	
Packaging and preserving foods covered by discussion and reports	
Discuss role of protein	
Consider seasonings	
Discuss effective cooking methods to preserve, for palatablility, etc.	

CONCEPTS	REINFORCEMENTS
4. Protein Needs	
E. Minerals	
F. Vitamins	
III. ALIGNMENT OF HUMAN MACHINE - POSTURE	
A. Types	
1. Functional	
2. Anatomical	
B. Defects	State reasons for desiring good posture
1. Lordosis	Explain how ill fitting shoes affect posture
2. Kyphosis	Discuss poor posture, corrective physical education, and muscle tone
3. Sclerosis	
C. Other Conditions	Demonstrate through pictures and diagrams physical defects
1. Knock Knees	
2. Bowleg	
3. Flat Feet	
a. Arches	

	REINFORCEMENTS	NOTES
MACHINE -		
	State reasons for desiring good posture Explain how ill fitting shoes affect posture Discuss poor posture, corrective physical education, and muscle tone Demonstrate through pictures and diagrams physical defects	

CONCEPTS	REINFORCEMENTS
D. Causes	
E. Effects	
F. Correction	Discussion
1. Re-education of Muscles through Special Exercises	
2. Operation	
G. Maintenance	
IV. HABITS, FORMATION OF	
A. Value of Habits	
1. Tools used for Health, Happiness, and Efficiency	
2. Can Conserve Time, Strength, Material Resources	
3. Ability to See Good Habits in Others	
4. Unhappy Person generally has not cultivated Good Habits	
5. Education is establishing Good Habits	
6. Success is Related to Good Habits	

	REINFORCEMENTS	NOTES
	Discussion	
scles ercises		
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l Habits		
nerally Good		
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CONCEPTS	REINFORCEMENTS
B. Forming Habits	
1. Behavior Depends on Habit	Examples of types of habits and how they influence us
2. Once Established, Performance Usually Satisfying	Make a list of desirable and undesirable habits you have
3. Social Approval of Good Habits	Attempt to see self's habits as if looking through the eyes of another at yourself Develop self-evaluation test
4. Some Habits Approved of by Society may be Detrimental	Sociogram
a. Smoking	
b. Alcohol	
c. Medication	
5. Young Person Easily Forms Habits	
6. Easier to Make A New Habit than Destroy an Old One	
C. Personal Health Habits	
1. Activity and Inactivity	
a. Two Forms of Activity	
1) Work	

	REINFORCEMENTS	NOTES
s on Habit	Examples of types of habits and how they influence us	
, ually	Make a list of desirable and undesirable habits you have	
of Good	Attempt to see self's habits as if looking through the eyes of another at yourself	
	Develop self-evaluation test	
roved of e	Sociogram	
sily Forms		
New by an Old		
s		
tivity		
of Activity		

CONCEPTS	REINFORCEMENTS
a) Usefulness	Discuss Pros and Cons of habits
b) Fatigue	
c) Variety	
d) Idleness	
e) Retirement	
2) Play	Group discussions
a) Importance	
b) Leisure Time	
b. Two Forms of Inactivity	
1) Rest	
a) Necessity	
b) Ways	
2) Sleep	
a) Necessity	
b) Requirements ...age level ...natural occurrence ...conditions and quarters	

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REINFORCEMENTS	NOTES
Discuss Pros and Cons of habits	
Group discussions	

CONCEPTS	REINFORCEMENTS
V. DRUG AWARENESS	
A. Alcohol and Smoking	Pamphlet: "Medicines and How to Use Them" OP 63 10¢ See Drug Awareness Guide
VI. EMOTIONAL MATURITY	Refer to Human Sexuality Guide (pages 44-45)
VII. SOCIAL AND SEXUAL ASPECTS OF THE MATURING TEEN-AGER	Refer to Human Sexuality Guide (pages 46 - 48)
VIII. RAP SESSION	

	REINFORCEMENTS	NOTES
king	Pamphlet: "Medicines and How to Use Them" OP 63 10¢	
	See Drug Awareness Guide	
ITY	Refer to Human Sexuality Guide (pages 44-45)	
L ASPECTS TEEN-AGER	Refer to Human Sexuality Guide (pages 46 - 48)	
		For explanation of Rap Session see Grade 7, page 45, under Notes.

CONCEPTS	REINFORCEMENTS	
I. RAP SESSION		Fo see Not
II. COMMON COMMUNICABLE DISEASES		
A. Natural Body Defenses 1. First Line of Defense 2. Second Line of Defense	Discuss ways of provention and control of communicable diseases Pamphlet: "Blood Tests" OP59 AMA 10¢ Films: "Another to Conquer" (Tbc) 4-1052 MCAVA "Good-bye Mr. Germ" (Tbc) 4-1054 MCAVA	
B. Immunization 1. Natural 2. Acquired a. Active b. Passive 3. For Foreign Travel	Pamphlets: "Immunization" OP19 10¢ AMA "Tetanus - Second Deadliest Poison" OP18 15¢ AMA "Medicines and How to Use Them" OP63 10¢ AMA "Your Health Examination" OP3 10¢ AMA "Why Wait" Comp - 79 10¢ AMA "Safeguarding the Health of an Athlete" HE 125 15¢ AMA	
C. Isolation and Quarantine D. Antibiotics 1. Wonder Drug	Films: "Art of Detection" "Point of View" Northwest Area Tuberculosis and Health Association	

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REINFORCEMENTS

Discuss ways of provention and control of communicable diseases

Pamphlet: "Blood Tests" OP59 AMA 10¢

Films: "Another to Conquer" (Tbc)
4-1052 MCAVA
"Good-bye Mr. Germ" (Tbc)
4-1054 MCAVA

Pamphlets: "Immunization" OP19 10¢ AMA
"Tetanus - Second Deadliest Poison"
OP18 15¢ AMA
"Medicines and How to Use Them"
OP63 10¢ AMA
"Your Health Examination"
OP3 10¢ AMA
"Why Wait" Comp - 79 10¢ AMA
"Safeguarding the Health of an
Athlete" HE 125 15¢ AMA

Films: "Art of Detection"
"Point of View"
Northwest Area Tuberculosis and
Health Association

NOTES

For explanation of Rap Session see Grade 7, page 45, under Notes.

CONCEPTS	REINFORCEMENTS
E. Other Methods of Prevention and Control	
1. Community Sanitation	
2. Legislation	
3. Education	
F. Respiratory Diseases	Pamphlet: "TB Control - Prospects for Eradication" OP88 10¢ AMA
G. Alimentary Diseases	
H. Inoculation Diseases	
I. Contact Group Diseases	Visit from Health Officer
III. KILLER DISEASES	
A. Increased Life Span	
B. Leading Death Causes	
C. Heart	Pamphlet: "How to Prevent Heart Disease" OP 32 10¢ AMA
1. Congenital	Draw and diagram charts of heart
2. Rheumatic	
3. Coronary	Dramatize blood circulation using games (re. Local Heart Association)

REINFORCEMENTS

NOTES

on

Pamphlet: "TB Control - Prospects for Eradication" OP88 10¢ AMA

Visit from Health Officer

Pamphlet: "How to Prevent Heart Disease" OP 32 10¢ AMA

Draw and diagram charts of heart

Dramatize blood circulation using games (re. Local Heart Association)

CONCEPTS	REINFORCEMENTS
D. Blood Vessels	
1. Arterial Sclerosis	
2. Hypertension	
3. Cerebral Hemorrhage	
4. Stroke	
E. Blood Pressure	Pamphlet: "Your Blood Pressure" OP44 10¢ AMA Demonstrate blood pressure apparatus
F. Cancer	Pamphlet: "Cancer - Facts You Should Know" OP46 10¢ AMA
1. Benign	
2. Malignant	
3. Seven Danger Signals	
4. Leukemia	
G. Diabetes	Pamphlet: "Diabetes" OP114 10¢ AMA
H. Cirrhosis	
1. Liver	Film: "Conquering Darkness" Commission for the Blind 4-1052 MCAVA
I. Accidents	
IV. DRUG ABUSE	Refer to Drug Abuse Guide

	REINFORCEMENTS	NOTES
osis		
orrhage		
	Pamphlet: "Your Blood Pressure" OP44 10¢ AMA	
	Demonstrate blood pressure apparatus	
	Pamphlet: "Cancer - Facts You Should Know" OP46 10¢ AMA	
Signals		
	Pamphlet: "Diabetes" OP114 10¢ AMA	
	Film: "Conquering Darkness" Commission for the Blind 4-1052 MCAVA	
	Refer to Drug Abuse Guide	

CONCEPTS	REINFORCEMENTS
V. HUMAN SEXUALITY	Refer to Human Sexuality Guide (pages 64 - 65)
VI. MENTAL HEALTH	AMA Pamphlets: "Mental Retardation Handbook" MH26 30¢
A. Normal Psychology	"What is Hypnosis" OP54 10¢
B. Abnormal Psychology	"Who Helps the Physician Help the Retarded" OP -1 15¢
C. Clarification of Known Terminology	"Mental Health and School Health Services" HE 11 35¢ "When a Mental Patient Comes Home" MH 10 AMA 15¢ Other Pamphlets: "What is Mental Health - PHS 505" National Institute of Mental Health 611 10¢ "Mental Illness and Its Treatment - Past and Present" PHS 1345 20¢ (612) National Institute of Mental Health
VII. FIRST AID	
A. Wounds and Treatment	Practical experiences
B. Shock and Treatment	AMA Pamphlets: "First Aid Manual" OP15 15¢ "First Aid Chart for Athletic Injuries" HE 45 10¢
C. Dressing and Bandages	
D. Heat Absorption, Sunstroke, Burns, Frost Bite	
E. Artificial Respiration	AMA Pamphlet: "Artificial Respiration Card" OP 55 10¢ Book: "Resuscitation - Practical Use" by Resusci, Anne

REINFORCEMENTS

Refer to Human Sexuality Guide (pages 64 - 65)

AMA Pamphlets:
"Mental Retardation Handbook" MH26 30¢
"What is Hypnosis" OP54 10¢
"Who Helps the Physician Help the Retarded" OP -1 15¢
"Mental Health and School Health Services" HE 11 35¢
"When a Mental Patient Comes Home" MH 10 AMA 15¢

Other Pamphlets:
"What is Mental Health - PHS 505" National Institute of Mental Health 611 10¢
"Mental Illness and Its Treatment - Past and Present" PHS 1345 20¢ (612) National Institute of Mental Health

Practical experiences

AMA Pamphlets: "First Aid Manual" OP15 15¢
"First Aid Chart for Athletic Injuries" HE 45 10¢

AMA Pamphlet: "Artificial Respiration Card" OP 55 10¢

Book: "Resuscitation - Practical Use" by Resusci, Anne

NOTES

CONCEPTS	REINFORCEMENTS
VIII. CAREERS IN HEALTH	
A. Specialists	Individual reports
B. Educational Preparation	Career representatives to visit class
1. High School	Collect literature
2. College	Future career possibilities in this field
	Pamphlets: "Chiropractic: Unscientific Cult" OP 69 AMA 15¢ 'Did You Know That? Chiropractic" OP 83 AMA 10¢ "Prognosis: Medical Career" AMA 20¢ per 100 "Anesthesiology" OP 66 AMA 10¢ "Your Friend the Doctor" OP 68 AMA 40¢ "Health Education as Your Career" (244-06980) AAHPER Publication "Safety Education as Your Career" (244-07600) AAHPER Publication

REINFORCEMENTS

NOTES

Individual reports

Career representatives to visit class

Collect literature

Future career possibilities in this field

Pamphlets: "Chiropractic: Unscientific Cult"
OP 69 AMA 15¢
'Did You Know That? Chiropractic"
OP 83 AMA 10¢
"Prognosis: Medical Career"
AMA 20¢ per 100
"Anesthesiology" OP 66 AMA 10¢
"Your Friend the Doctor"
OP 68 AMA 40¢
"Health Education as Your Career"
(244-06980) AAHPER Publication
"Safety Education as Your Career"
(244-07600) AAHPER Publication

CONCEPTS	REINFORCEMENTS
I. HUMAN GROWTH AND REPRODUCTION	Review Refer to Human Sexuality Guide (pages 69-70)
II. HUMAN SEXUALITY	
A. Courtship	Refer to Human Sexuality Guide (pages 71-72)
B. Marriage	
C. Family Cultures in Other Countries	
III. DRUG ABUSE	Refer to Drug Abuse Guide
IV. RAP SESSION	
V. DRIVER EDUCATION	

REINFORCEMENTS	NOTES
Review	
Refer to Human Sexuality Guide (pages 69-70)	
Refer to Human Sexuality Guide (pages 71-72)	
Refer to Drug Abuse Guide	
	For explanation of Rap Session see Grade 7, page 45, under Notes.

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CONCEPTS	REINFORCEMENTS
I. CHARACTER EVALUATION	
A. Self Evaluation	
1. "Where have I been?"	Guidance counselor
2. "Where am I going?"	Social Worker
3. "Who am I?"	Psychologist
4. "What are my goals?"	Personality Test
a. Immediate Goal	Sociogram
b. Long Range Goal	Pamphlet: "Finding Yourself" OP 20 AMA 30¢
B. Relationships with:	
1. Parents	Pamphlet: "Parent's Responsibility" OP12 AMA 30¢
2. Teachers	Allow time for individual time and conferences
3. Siblings	Refer to guidance counselor for pertinent tests
4. Friends	
5. Acquaintances	
6. Co-workers	
7. Supervisors	
8. Ethnic Groups	
9. Opposite and Same Sex	

REINFORCEMENTS

NOTES

Guidance counselor

Social Worker

Psychologist

Personality Test

Sociogram

Pamphlet: "Finding Yourself" OP 20 AMA 30¢

Pamphlet: "Parent's Responsibility" OP12 AMA 30¢

Allow time for individual time and conferences

Refer to guidance counselor for pertinent tests

CONCEPTS	REINFORCEMENTS	
C. Social Values (Status)		
1. Class Distinction	Class discussions	
2. Economical Distinction		
D. Roadblocks to Fulfillment of Goals		
II. RAP SESSION		For see Note
A. To Reinforce Unit I		
B. To Encourage a Service Project		
1. Individual		
2. Group		
III. FAMILY AND HOME	Refer to Human Sexuality Guide (pages 81 & 83)	
IV. FAMILY PLANNING		
A. Raising Children	Refer to Human Sexuality Guide (page 82)	
V. DRUGS	Refer to Drug Abuse Guide	

REINFORCEMENTS	NOTES
Class discussions	
	For explanation of Rap Session see Grade 7, page 45, under Notes.
Refer to Human Sexuality Guide (pages 81 & 83)	
Refer to Human Sexuality Guide (page 82)	
Refer to Drug Abuse Guide	

CONCEPTS	REINFORCEMENTS
VI. COMMUNITY HEALTH AND SOCIAL HYGIENE	
A. Insurance	Invite insurance agent to speak
1. Hospitalization	"What is liability?"
2. Life Insurance	"What is compensation?"
3. Workman's Compensation	Sample policies for examination
4. Job Protection	Pamphlets: "Improving Mental Health - Insurance Coverage - PHS 1253" National Institute of Mental Health 636 15¢ "8 Ways to Cut Doctor Bills" OP 23 AMA 10¢ "Let's Use Not Abuse Health Insurance" HCS 53 10¢ AMA
5. Homeowners' and Apartment Insurance	
6. Annuities	
7. Comprehensive	
8. Term	
9. Unemployment	
B. Credit	
1. Credit Cards	Samples for inspection
a. Pros and Cons	Make list of companies that offer credit cards and qualifications needed
2. Loans	
a. Interest Rates	Credit reserves person to visit
b. Types of Agencies	

REINFORCEMENTS

Invite insurance agent to speak

"What is liability?"

"What is compensation?"

Sample policies for examination

Pamphlets: "Improving Mental Health - Insurance Coverage - PHS 1253" National Institute of Mental Health 636 15¢
"8 Ways to Cut Doctor Bills" OP 23 AMA 10¢
"Let's Use Not Abuse Health Insurance" HCS 53 10¢ AMA

Samples for inspection

Make list of companies that offer credit cards and qualifications needed

Credit reserves person to visit

NOTES

It is strongly recommended that this unit be emphasized in the vocational program for those who will not continue formal education.

CONCEPTS	REINFORCEMENTS
VII. SOCIAL SERVICES	
A. Health Departments	AMA Pamphlets: "Patient History Form" HE 69 10¢
1. Hospitals	"What to Look for in a Nursing Home" OP 61 15¢
2. Clinics	"Health Promotion for Adults" HCS 18 30¢
B. Voluntary Health Agencies	Other Pamphlets: "The Comprehensive Community Health Center" PHS 1137 (911) National Institute of Mental Health 15¢ "Community Mental Health Center" PHS 1643 (112) National Institute of Mental Health 5¢
1. Professional	
2. Private	
3. Public	
a. Easter Seal, March of Dimes, etc.	Filmstrip: "The Christmas Seal Crusade" Northwest Area Tuberculosis and Health Association
C. Health Advertising	
1. Food	AMA Pamphlets: "Facts on Quacks" OP128 30¢ "Health Quackery" OP 130 15¢ "Mechanical Quackery" OP 36 10¢ "The Merchants of Menace" FN 28 10¢
2. Superstitions	
D. Home Medicine Chest	
1. Prescription Drugs	Discuss time element of keeping drugs too long
2. Over Counter Drugs	Distribute Emergency First Aid Chart from Johnson & Johnson

UIDE	REINFORCEMENTS	NOTES
	AMA Pamphlets: "Patient History Form" HE 69 10¢ "What to Look for in a Nursing Home" OP 61 15¢ "Health Promotion for Adults" HCS 18 30¢	
ncies	Other Pamphlets: "The Comprehensive Community Health Center" PHS 1137 (911) National Institute of Mental Health 15¢ "Community Mental Health Center" PHS 1643 (112) National Institute of Mental Health 5¢	
, imes, etc.	Filmstrip: "The Christmas Seal Crusade" Northwest Area Tuberculosis and Health Association	
	AMA Pamphlets: "Facts on Quacks" OP128 30¢ "Health Quackery" OP 130 15¢ "Mechanical Quackery" OP 36 10¢ "The Merchants of Menace" FN 28 10¢	
st		
ugs	Discuss time element of keeping drugs too long	
rugs	Distribute Emergency First Aid Chart from Johnson & Johnson	

CONCEPTS	REINFORCEMENTS
3. Everything Labeled	Pamphlet: "Protecting Your Home from Unlabeled Poisons" AMA 10¢
4. Care of Medicine	
VIII. RAP SESSION	

	REINFORCEMENTS	NOTES
Labeled	Pamphlet: "Protecting Your Home from Unlabeled Poisons" AMA 10¢	
licine		

SELECTED REFERENCES FOR USE IN THE HEALTH AND SAFETY PRO

SUPPLEMENTARY MATERIALS FOR TEACHER USE:

GRADE LEVEL	TITLE	AUTHOR	PUBLISHER
5, 7, 12	ACCENT ON YOU		Tampax, Inc.
8	AIR & WATER POLLUTION	Kitzinger	Lyons & Carna
10	ALCOHOLISM - A SICKNESS THAT CAN BE BEATEN	Blakeslee	Public Affairs
1	ALL ABOUT EGGS	Selsam	Scott
5, 7, 8, 9	ANSWERS TO 101 QUESTIONS ABOUT CANCER	American Cancer Society	
7-12	APPROACHING ADULTHOOD	American Medical Association	
12	THE ART OF DATING	Duvall	Association P
1	BEGINNING THE HUMAN STORY: A NEW BABY IN THE FAMILY		Scott, Foresm
5, 7, 8, 9	1966 CANCER FACTS AND FIGURES	American Cancer Society	
5, 7, 8, 9	CIGARETTE SMOKING AND CANCER	American Cancer Society	

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HEALTH EDUCATION GUIDE

SELECTED REFERENCES FOR USE IN THE HEALTH AND SAFETY PROGRAM

ALS FOR TEACHER USE:

TITLE	AUTHOR	PUBLISHER	COPYRIGHT DATE
ENT ON YOU		Tampax, Inc.	1966
& WATER POLLUTION	Kitzinger	Lyons & Carnahan	1966
OHOLISM - A SICKNESS T CAN BE BEATEN	Blakeslee	Public Affairs Pamphlet	#118 A
ABOUT EGGS	Selsam	Scott	1952
WERS TO 101 QUESTIONS JT CANCER	American Cancer Society		1964
ROACHING ADULTHOOD	American Medical Association		
ART OF DATING	Duvall	Association Press	1967
NNING THE HUMAN STORY: W BABY IN THE FAMILY		Scott, Foresman	1967
CANCER FACTS AND FIGURES	American Cancer Society		1966
RETTE SMOKING AND CANCER	American Cancer Society		1963

GRADE LEVEL	TITLE	AUTHOR	PUBLISHER
8	COMMUNITY HEALTH SERVICES	Mattison	Public Affairs P
7-9	DRUG ABUSE	N.J. State Dept. of Education	
7-9	DRUG ABUSE: ESCAPE TO NOWHERE		Smith, Kline, &
1-12	FACTS AREN'T ENOUGH	American Medical Association	
7-12	FINDING YOURSELF	American Medical Association	
10	FIRST AID	American Red Cross	
12	HOMOSEXUALITY	Siecus Discussion Guide #2	
1-6	HOW TO TELL YOUR CHILD ABOUT SEX	Hymes	Public Affairs P
7-12	THE HUMAN STORY	Hofstein	Scott, Foresma
12	MARRIAGE FOR MODERNS	Bowman	McGraw Hill
12	MASTURBATION	Siecus Discussion Guide #3	
7-12	THE MIRACLE OF LIFE	American Medical Association	
7-12	PARENTS' RESPONSIBILITY	American Medical Association	
7-9	PERSONALITY "PLUS" THROUGH DIET	King	Public Affairs P

TITLE	AUTHOR	PUBLISHER	COPYRIGHT DATE
OMMUNITY HEALTH SERVICES	Mattison	Public Affairs Pamphlet	#180 S
RUG ABUSE	N. J. State Dept. of Education		1967
RUG ABUSE: ESCAPE TO NOWHERE		Smith, Kline, & French	1967
ACTS AREN'T ENOUGH	American Medical Association		1962
INDING YOURSELF	American Medical Association		
IRST AID	American Red Cross		1957
OMOSEXUALITY	Siecus Discussion Guide #2		1965
OW TO TELL YOUR CHILD BOUT SEX	Hymes	Public Affairs Pamphlet	#149
HE HUMAN STORY	Hofstein	Scott, Foresman	1967
ARRIAGE FOR MODERNS	Bowman	McGraw Hill	
ASTURBATION	Siecus Discussion Guide #3		1966
HE MIRACLE OF LIFE	American Medical Association		
ARENTS' RESPONSIBILITY	American Medical Association		1962
ERSONALITY "PLUS" THROUGH IET	King	Public Affairs Pamphlet	#299

GRADE LEVEL	TITLE	AUTHOR	PUBLISHE
12	PREMARITAL SEX IN A CHANGING SOCIETY	Bell	Prentice Hall
12	PRIVATE AND PERSONAL	Naismith	David McKay
12	REPRODUCTION, SEX AND PREPARATION FOR MARRIAGE	Malfetti	Prentice Hall
1-6	SCHOOL AND SAFETY	National Safety Council	
12	SEX BEFORE 20	Southard	E.P. Dutton
1-12	SEX EDUCATION (Reprint)		Grade Teach
12	SEX EDUCATION	Siecus Discussion Guide #1	
12	SEX KNOWLEDGE INVENTORY	McHugh	Family Life Durham, No
5, 7, 8, 9	SMOKING - THE GREAT DILEMMA	Brecher	Public Affair
5, 7, 8, 9	SMOKING AND HEALTH	N.J. State Dept. of Education	
1-12	A STORY ABOUT YOU	American Medical Association	
5, 7, 8, 9	TEACHING ABOUT CANCER	American Cancer Society	
12	TODAY'S TEEN-AGERS	Durall	Associated
12	VENEREAL DISEASES	N.J. State Dept. of Education	

TITLE	AUTHOR	PUBLISHER	COPYRIGHT DATE
RITAL SEX IN A CHANGING TY	Bell	Prentice Hall	
TE AND PERSONAL	Naismith	David McKay Co.	
DUCTION, SEX AND RATION FOR MARRIAGE	Malfetti	Prentice Hall	
L AND SAFETY	National Safety Council		
EFORE 20	Southard	E.P. Dutton	
DUCATION (Reprint)		Grade Teacher	1967
DUCATION	Siecus Discussion Guide #1		1966
NOWLEDGE INVENTORY	McHugh	Family Life Publications Durham, North Carolina	Revised Edition
NG - THE GREAT DILEMMA	Brecher	Public Affairs Pamphlet.	#361
NG AND HEALTH	N.J. State Dept. of Education		1966
RY ABOUT YOU	American Medical Association		1964
HING ABOUT CANCER	American Cancer Society		1960
'S TEEN-AGERS	Durall	Associated Press	
REAL DISEASES	N.J. State Dept. of Education		

GRADE LEVEL	TITLE	AUTHOR	PUBLISHER
5, 7, 12	VERY PERSONALLY YOURS		Kimberly Clark
12	WHAT SHALL I TELL MY CHILD?	Reik	Crown Publishers
7-9	WHAT WE CAN DO ABOUT DRUG ABUSE	Saltman	Public Affairs Pam
7	WHAT WOMEN WANT TO KNOW		Glenbrook Laborat
12	WHEN YOU MARRY	Duvall	Associated Press
12	WHY WAIT TILL MARRIAGE?	Duvall	Associated Press
7, 9	THE WONDERFUL HUMAN MACHINE	American Medical Association	

TITLE	AUTHOR	PUBLISHER	COPYRIGHT DATE
VERY PERSONALLY YOURS		Kimberly Clark	1953
WHAT SHALL I TELL MY CHILD?	Reik	Crown Publishers	1966
WHAT WE CAN DO ABOUT DRUG ABUSE	Saltman	Public Affairs Pamphlet	#390
WHAT WOMEN WANT TO KNOW		Glenbrook Laboratories	1961
WHEN YOU MARRY	Duvall	Associated Press	
WHY WAIT TILL MARRIAGE?	Duvall	Associated Press	
THE WONDERFUL HUMAN MACHINE	American Medical Association		1961

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SOURCES OF FREE OR LOW COST HEALTH AND SAFETY MATERIA

American Association for Health, Physical Education, and Recreation
Department of Nat'l. Education Assoc.
1201 16th Street Northwest
Washington, D.C. 20036

Abbott Laboratories
14th and Sheridan Road
North Chicago, Illinois 60064
(pharmacy, nutrition, and drugs)

Aetna Life Affiliated Companies
Information and Education Department
151 Farmington Avenue
Hartford, Connecticut 10015
(health and safety)

Alcoholics Anonymous
PO #459
New York 17, New York

Allergy Foundation of America
801 2nd Avenue
New York, New York 10017
(allergy and allergic diseases)

Allied Youth Inc.
1709 Main Street Northwest
Washington 6 D.C.

American Automobile Association
Pennsylvania Avenue at 17th, N.W..
Washington, D.C. 20006
(highway and pedestrian safety)

American Cancer Society, Inc.
521 West 57th Street
New York, New York 10019
(cancer)

American Can Co.
Home Economics Section
100 Park Avenue
New York, New York 10017
(nutrition and home economics)

American Dental Association
Bureau of Dental Health Education
222 East Superior Street
Chicago, Illinois 60611
(dental health)

American Diabetes Association, Inc.
1 East 45th Street
New York, New York 10017
(diabetes)

American Dietetic Association
620 North Michigan Avenue
Chicago, Illinois 60611
(nutrition and diet)

American Dry Milk Institute, Inc.
221 North LaSalle Street
Chicago, Illinois 60601
(nutrition)

America
Engineer
80 Maide
New Yor
(safety)

America
15 West 1
New Yor

America
919 18th S
Washingt
(acousti

America
Inquiries
44 East
New Yor
(heart)

America
840 Nort
Chicago,
(hospital

America
Consume
400 East
Chicago,
(nutritio

PARSIPPANY-TROY HILLS TOWNSHIP SCHOOLS

HEALTH EDUCATION GUIDE

SOURCES OF FREE OR LOW COST HEALTH AND SAFETY MATERIALS

American Cancer Society, Inc.
521 West 57th Street
New York, New York 10019
(cancer)

American Can Co.
Home Economics Section
100 Park Avenue
New York, New York 10017
(nutrition and home economics)

American Dental Association
Bureau of Dental Health Education
222 East Superior Street
Chicago, Illinois 60611
(dental health)

American Diabetes Association, Inc.
1 East 45th Street
New York, New York 10017
(diabetes)

American Dietetic Association
620 North Michigan Avenue
Chicago, Illinois 60611
(nutrition and diet)

American Dry Milk Institute, Inc.
221 North LaSalle Street
Chicago, Illinois 60601
(nutrition)

American Fire Insurance Companies
Engineering Department
80 Maiden Lane
New York, New York 10007
(safety)

American Foundation for the Blind Inc.
15 West 16th Street
New York 11, New York

American Hearing Society
919 18th Street, Northwest
Washington, D.C. 20006
(acoustics and hearing)

American Heart Association
Inquiries Section
44 East 23rd. Street
New York, New York 10010
(heart)

American Hospital Association
840 North Lake Shore Srive
Chicago, Illinois 60611
(hospital care)

American Institute of Baking
Consumer Service Department
400 East Ontario Street
Chicago, Illinois 60611
(nutrition)

American Institute of Family Relations
5287 Sunset Boulevard
Los Angeles, California 90027
(family living and mental health)

American Meat Institute
59 East Van Buren Street
Chicago, Illinois 60605
(nutrition)

American Medical Association
Order Department
535 North Dearborn Street
Chicago, Illinois 60610
(health and safety)

American National Red Cross
17th and D Street
Washington, D.C. 20013
(contact local chapter first)
(first aid, safety, and nutrition)

American Ocupational Therapy Association
33 West 42nd Street
New York 18, New York

American Optometric Association, Inc.
Department of Public Information
700 Chippewa Street
St. Louis, Missouri 63110
(eye health)

American Physical Therapy Association
1790 Broadway
New York 19, New York

American Public Association
1790 Broadway
New York 10, New York
(health and safety)

American Seating Co.
9th Street and Broadway
Grand Rapids 2, Michigan

American Social Health Association
1790 Broadway
New York, New York 10019
(sex education)

The Arthritis Foundation
10 Columbus Circle
New York, New York 10019
(arthritis)

Association of American Railroads
School and College Service
Transportation Building
Washington, D.C. 20006
(railroad safety)

Association of Casualty and Surety Companies
Accident Prevention Department
Publications Division
60 John Street
New York, New York 10038
(safety)

Association for Family Living
32 West Randolph, Suite 1818
Chicago, Illnois 60601
(family health)

Audio-Vis
1346 Broad
Detroit 26

Better Vis
Suite 3157
630 5th Av
New York

Bicycle In
122 East 4
New York,
(bicycle s

The Borde
Consumer
350 Madis
New York,
(nutrition,
inventory)

The Cance
1603 Oakd
Houston

Carnation
Home Ser
5045 Wils
Los Angel

Cereal Ins
Home Eco
135 South
Chicago,
(nutrition)

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Association

American Public Association
1790 Broadway
New York 10, New York
(health and safety)

American Seating Co.
9th Street and Broadway
Grand Rapids 2, Michigan

American Social Health Association
1790 Broadway
New York, New York 10019
(sex education)

The Arthritis Foundation
10 Columbus Circle
New York, New York 10019
(arthritis)

Association of American Railroads
School and College Service
Transportation Building
Washington, D.C. 20006
(railroad safety)

Association of Casualty and Surety Companies
Accident Prevention Department
Publications Division
60 John Street
New York, New York 10038
(safety)

Association for Family Living
32 West Randolph, Suite 1818
Chicago, Illnois 60601
(family health)

Audio-Visual Research Institute
1346 Broadway
Detroit 26, Michigan

Better Vision Institute Inc.
Suite 3157
630 5th Avenue
New York 20, New York

Bicycle Institute of America
122 East 42nd. Street
New York, New York 10017
(bicycle safety)

The Borden Company
Consumer Services
350 Madison Avenue
New York, New York 10011
(nutrition, weight control, and health inventory)

The Cancer Bulletin
1603 Oakdale Street
Houston 4, Texas

Carnation Milk Company
Home Service Department
5045 Wilshire Boulevard
Los Angeles, California 90036

Cereal Institute, Inc.
Home Economics Department
135 South LaSalle Street
Chicago, Illinois 60603
(nutrition)

Child Study Association of America
132 East 74th Street
New York, 21, New York

Child Welfare League of America, Inc.
130 East 22nd. Street
New York 10, New York

Children's Bureau
Washington 25, D. C.

Ciba Pharmaceutical Co.
556 Morris Avenue
Summit, New Jersey 07901
(health science)

Cleveland Health Museum
8911 Euclid Avenue
Cleveland 6, Ohio 44115
(health)

Colgate-Palmolive Company
300 Park Avenue
New York, New York 10010
(skin care and dental health)

Colgate-Palmolive Company
Box P-70
740 North Rusch Street
Chicago, Illinois 60611

Connecticut Mutual Life Insurance Company
Hartford, Connecticut

Denoyer-Geppert Company
5237-59 Ravenswood Avenue
Chicago, Illinois
(audio-visual aids)

Employers Mutual of Wausau
Safety Engineering Department
407 Grant Street
Wausau, Wisconsin 55402
(safety)

Equitable Life Assurance Society of U.S.
Medical Department
393 7th Avenue
New York 1, New York
(first aid)

Epilepsy Film Department
2930 Main Street, Northwest
Washington D. C.

Epilepsy Foundation
1419 14th Street, Northwest
Washington D. C. 20005

Family Service Association of America
215 4th Avenue
New York 3, New York

Ford Motor Company
Research and Information Department
The American Road
Dearborn, Michigan 48127
(traffic safety and seat belts)

Good Housekeeping Institute
57th Street and 8th Avenue
New York 19, New York

General Mills, Inc.
Public Relations Department
Educational Services
9200 Wayzata Boulevard
Minneapolis, Minnesota 55426
(nutrition)

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Safety Engineering Department
407 Grant Street
Wausau, Wisconsin 55402
(safety)

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(first aid)

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(traffic safety and seat belts)

Good Housekeeping Institute
57th Street and 8th Avenue
New York 19, New York

General Mills, Inc.
Public Relations Department
Educational Services
9200 Wayzata Boulevard
Minneapolis, Minnesota 55426
(nutrition)

Harvard School of Public Health
Cambridge, Massachusetts

Health Information Foundation
Public Relations Director
420 Lexington Avenue
New York, New York 10017
(health and medical economics)

Health Insurance Council
488 Madison Avenue
New York, New York 10022
(health insurance)

Heart Disease Control Program
Division of Special Health Services
United States Public Health Service
Department of Health, Education, and Welfare
Washington, D.C. 20025
(heart disease)

Heart Information Center
National Heart Institute
United States Public Health Service
Bethesda, Maryland 20014
(heart disease and heart research)

Institute of Makers of Explosives
250 East 43rd Street
New York, New York 10017
(safety: blasting caps)

Insurance Institute for Highway Safety
1710 8th Street Northwest
Washington 6, D.C.

International Cellucotton Products Co.
919 North Michigan Avenue
Chicago, Illinois 60611
(menstrual hygiene)

John Hancock Mutual Life Conservation
Service Insurance Company
Boston, Massachusetts
(first aid)

Joint Commission of Accreditation of
Hospitals
200 East Ohio Street
Chicago, Illinois 60611
(hospital accreditation)

Kellogg Company
Home Economics Service
Battle Creek, Michigan 49015
(nutrition)

Kemper Insurance Companies
4750 Sheridan Road
Chicago, Illinois 60640
(traffic safety)

Kimberly-Clark Corporation
Cellucotton Division
Educational Department
Neenah, Wisconsin 54947
(mentrual hygiene and colds)

Lederle Laboratories Division
American Cyanamid Company
Public Relations Department
Pearl River, New York 10965
(child health, immunizations, and nutrition)

Lever Brothers Company
Public Relations Division
Consumer Education Department
390 Park Avenue
New York, New York 10022
(cleanliness)

Liberty Mutual Insurance Co.
175 Berkeley Square
Boston, Massachusettes 02116
(safety and rehabilitation)

Massachusetts Indemnity and Life
Insurance Company
654 Beacon Street
Boston, Massachusetts 02115
(health insurance)

Massachusetts Society for Social Hygiene,
Inc.
1145 Little Building
Boston 16, Massachusetts

Maternity Center Association
645 Madison Avenue
New York, New York

Mental Health Material Center
104 East 25th Street
New York 10, New York

National Academy of Sciences
National Research Council
Washington, D. C. 20025
(food and nutrition)

National Association for Mental Health, Inc.
10 Columbus Circle
New York, New York 10019
(mental health)

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New York 10, New York

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National Research Council
Washington, D. C. 20025
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National Association for Mental Health, Inc.
10 Columbus Circle
New York, New York 10019
(mental health)

National Better Business Bureau, Inc.
405 Lexington Avenue
New York, New York 10017
(health quackery)

National Board of Fire Underwriters
85 John Street
New York, New York 10038
(fire prevention)

National Cancer Association
Home Economics Division
1739 8th Street Northwest
Washington D. C.

National Commission of Safety Education
National Education Association
1201 16th Street Northwest
Washington, D. C. 20036
(safety)

National Council on Alcoholism
New York Academy of Medicine
2 East 103rd. Street
New York, New York 10029
(alcoholism)

National Council on Family Relations
5757 South Drexel Avenue
Chicago, Illinois 60637
(teacher's kit on family living, $2.50)

National Congress of Parents and Teachers
700 North Rush Street
Chicago, Illinois 60611
(child health and safety)

National Dairy Council
111 North Canal Street
Chicago, Illinois 60606
(nutrition and health education workshops)

National Dental Hygiene Association
934 Shoreham Building
Washington, D.C.

National Education Association
1201 16th Street, Northwest
Washington 6, D.C.

National Epilepsy League
203 North Wabash Avenue
Chicago, Illinois 60610
(epilepsy)

National Fire Protection Association
60 Batterymarch Street
Boston, Massachusetts 02110
(fire prevention)

National Foot Health Council, Inc.
621 Union Street
Rockland, Massachusetts
(shoes and foot care)

National Foundation
Division of Scientific and Health Information
800 2nd. Avenue
New York, New York 10017
(poliomyelitis, arthritis, birth defects, and disorders of the central nervous system)

National Health Council
1790 Broadway
New York, New York 10019
(health careers)

National Health Education Committee
135 East 42nd Street
New York 17, New York

National Institute of Health
Department of Health, Education, and Welfare
U.S. Public Health Service
Bethesda, Maryland 20014
1. Allergy and Infectious Diseases
2. Arthritis and Metabolic Diseases
3. Cancer
4. Child Health and Human Development
5. Dental Research
6. General Medical Sciences
7. Heart
8. Mental Health
9. Neurological Diseases and Blindness
Building 8, Room 100
(arthritis, metabolic diseases, dental, mental health, blindness, child health, medical, microbiological data)

National Institute of Mental Health
Distribution Unit(HH-LL02)
Office of Communications
5454 Wisconsin Avenue
Chevy Chase, Maryland 20203

National Kidney Disease Foundation
143 East 35th. Street
New York, New York 10016
(kidney disease)

National Live Stock and Meat Board
407 South Dearborn Street
Nutritional Department
Chicago, Illinois 60605
(nutrition)

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National Health Education Committee
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New York 17, New York

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(multiple sclerosis)

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Washington, D.C.

National Rifle Association
1600 Rhode Island Avenue
Washington 6, D.C.

National Safety Council
425 North Michigan Avenue
Chicago, Illinois 60611
(safety and accident statistics)

National Society for Crippled Children and Adults
2023 West Ogden Avenue
Chicago 12, Illinois

National Society for the Prevention of Blindness, Inc.
16 East 40th. Street
New York, New York 10016
(eye health)

National Tuberculosis Association
1790 Broadway
New York, New York 10019
(tuberculosis)

National Insurance
Safety Department
246 North High Street
Columbus, Ohio 43215
(traffic and child safety)

New Jersey Safety Council
24 Branford Place
Newark 2, New Jersey

New Jersey State Museum
Education Film Library
P.O. Box #1688
Trenton, New Jersey 08625
Phone # 609-292-2121

New York State Society for Mental Health
105 East 22nd Street
New York 10, New York

Nutrition Foundation
99 Park Avenue
New York, New York 10016
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Oral Hygiene Publications
1005 Library Avenue
Pittsburgh, Pennsylvania 15234
(dental health)

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390 Park Avenue
New York, New York 10022
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Milltown, New Jersey 08850
(cleanliness)

Pet Milk Company
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1401 Arcade Building
St. Louis, Missouri 63101
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Box 118
Wausau, Wisconsin 54402
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New York, New York

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Federation of America, Inc.
501 Madison Avenue
New York, New York 10022
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Box 599
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Washington, D.C. 20025
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Publications Inquiry Unit
United States Office of Education
Washington 25, D.C.

Rutgers Center of Alcohol Studies
Box 566
Rutgers, The State University
New Brunswick, New Jersey

Science Research Associates
57 West Grand Avenue
Chicago, Illinois 60610
(health)

Smith-Kline and French Laboratories
1530 Spring Garden Street
Philadelphia 1, Pennsylvania

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Washington, D.C. 20025
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Swift and Company
Agricultural Research Department
Union Stock Yards
Chicago, Illinois 60609
(nutrition)

Tampax, Inc.
161 East 42nd Street
New York, New York 10017
(menstrual hygiene)

National Dairy Council
111 North Canal Street
Chicago, Illinois 60606
(nutrition and health education workshops)

National Dental Hygiene Association
934 Shoreham Building
Washington, D.C.

National Education Association
1201 16th Street, Northwest
Washington 6, D.C.

National Epilepsy League
203 North Wabash Avenue
Chicago, Illinois 60610
(epilepsy)

National Fire Protection Association
60 Batterymarch Street
Boston, Massachusetts 02110
(fire prevention)

National Foot Health Council, Inc.
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Rockland, Massachusetts
(shoes and foot care)

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New York, New York 10019
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6. General Medical Sciences
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8. Mental Health
9. Neurological Diseases and Blindness

Building 8, Room 100
(arthritis, metabolic diseases, dental,
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medical, microbiological data)

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Office of Communications
5454 Wisconsin Avenue
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National Kidney Disease Foundation
143 East 35th. Street
New York, New York 10016
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National Live Stock and Meat Board
407 South Dearborn Street
Nutritional Department
Chicago, Illinois 60605
(nutrition)

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National Health Education Committee
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New York 17, New York

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1600 Rhode Island Avenue
Washington 6, D.C.

National Safety Council
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Chicago, Illinois 60611
(safety and accident statistics)

National Society for Crippled Children
and Adults
2023 West Ogden Avenue
Chicago 12, Illinois

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New York, New York 10016
(eye health)

National Tuberculosis Association
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New York, New York 10019
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246 North High Street
Columbus, Ohio 43215
(traffic and child safety)

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24 Branford Place
Newark 2, New Jersey

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Trenton, New Jersey 08625
Phone # 609-292-2121

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(cleanliness)

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St. Louis, Missouri 63101
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Wausau, Wisconsin 54402.
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Federation of America, Inc.
501 Madison Avenue
New York, New York 10022
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Proctor and Gamble
Box 599
Cincinnati, Ohio
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57 West Grand Avenue
Chicago, Illinois 60610
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Traffic Institute
Northwestern University
1804 Hinman Avenue
Evanston, Illinois

Traveler's Insurance Companies
Public Information and Advertising Department
700 Main Street
Hartford, Connecticut 06115
(traffic safety)

Tuberculosis and Respiratory Disease League
Route #15, South
Lake Hopatcong, New Jersey

United Cerebral Palsy
369 Lexington Avenue
New York, New York 10017
(cerebral palsy)

United Fruit Company, Education Department
Pier 3, North River
New York 6, New York

United States Children's Bureau
Department of Health, Education, and Welfare
Washington, D.C. 20025
(child health and safety)

United States Department of Agriculture
Agricultural Research Administration
Bureau of Human Nutrition and Home Economics
Washington, D.C. 20025
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Washington 25, D.C.

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Washington, D.C. 20025
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Trade and Guest Relations Department
Kalamazoo, Michigan 49003
(vitamins)

Wheat Flour Institute
309 West Jackson Blvd.
Chicago, Illinois 60606
(nutrition)

World Health Organization
Office of Public Information
1501 New Hampshire Avenue, Northwest
Washington, D.C. 20006
(international health)

Yankee Shoemakers
Newmarket, New Hampshire 03857
(foot health)